

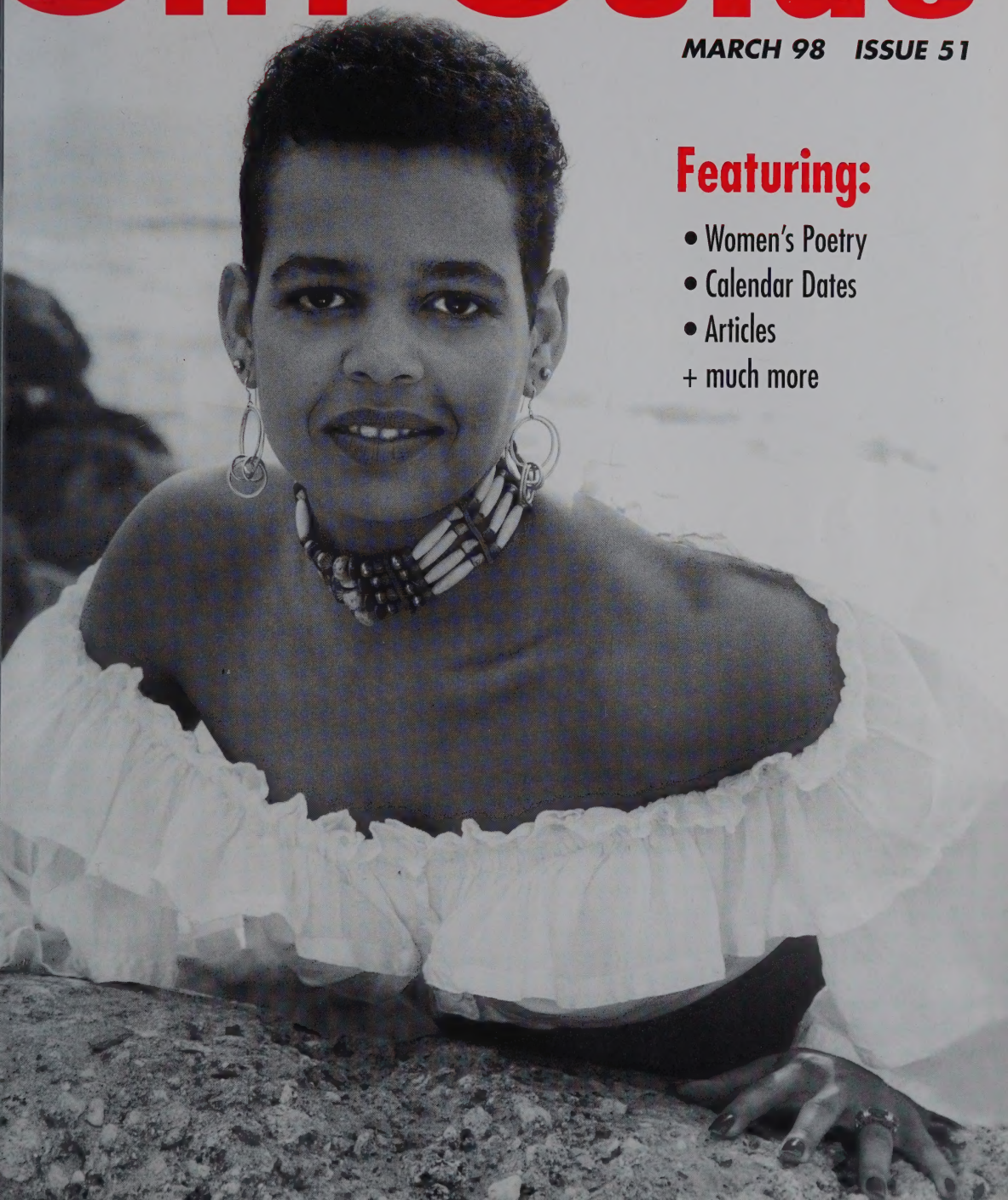
L o s A n g e l e s

Girl Guide

MARCH 98 ISSUE 51

Featuring:

- Women's Poetry
- Calendar Dates
- Articles
- + much more



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Dinah Shore
Weekend Kickoff
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Dinah Shore
Weekend
DJ Terri Lutton

Doors Open Each Night @ 9pm

For more information please call our Hotline @ 213-460-2531
or visit our website @ www.girlbar.com

LA GIRL GUIDE

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- 25-27** "Partners For Life" - A Gay & Lesbian Showcase

MARCH ISSUE - COVER GIRL

Our cover model, Karuana Gatimu has been an out and about sober dyke on the LA girl scene for the last 10 years. A published poet and columnist she spends her time studying astrology and giving spiritual counsel to a variety of clientele in her tarot reading practice. By day, she's a Sr. Executive in a computer integration company. Happily married to a Harley ridin' Angel with 3 cats and 2 dogs Karuana wants to keep giving back to a community that's helped her make all her lesbian dreams come true!

Photo By: Carl Peoples Of Peoples Photography



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Cathy Escarcega/Holly Heaven/Dian Katz/
Melinda Rector/DJ Gaye Ann/Sara Thomas
Noelani Rodriguez/Dianne Aaronson /
Rhona Sacks/Susan Vincent

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GIRL BAR & FRIENDS

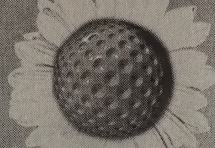
SATURDAYS

SATURDAY MARCH 7TH
18 & Over Welcome



with DJ Terri Lutton

SATURDAY MARCH 14TH
Dinah Shore Weekend Kickoff
with Guest DJ Dawna Montel
from Groove Radio



Win Tickets to Dinah Shore
Weekend Events
\$10 All Night

SATURDAY MARCH 21ST



Just Dance
with DJ Terri Lutton

SATURDAY MARCH 28TH
SPECIAL!



657 N. Robertson Blvd. West Hollywood with Guest DJ Ron Packard

\$5 Before 10:30pm, \$10 After / Sorority Rush (18-20 year olds) \$10 all night

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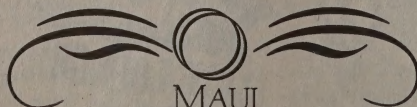
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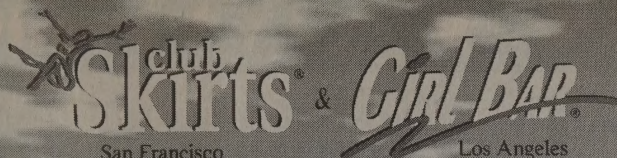


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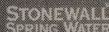
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Name: _____ Address: _____
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PLEASE SEND ME:

- ☐ Party Passport(s) @ \$75. each before March 10th \$85. after (includes all 6 parties & shuttle services) Comedy sold separately.
☐ Queens of Comedy V @ \$20. /\$25. after March 10th
☐ SATURDAY NIGHT Carnival in Rio @ \$30 before March 10th/ \$35. after. \$40. door.

To Purchase your Party Passport or advance tickets please send a cashier's check
or money order **ONLY** (sorry, no personal checks accepted)
with a Self-Addressed stamped envelope to: _____

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90069

Let's Eat!!

by Sara Thomas

Picnik

american cuisine

For you westsiders or for those who are in search of a beautiful ocean view and excellent, affordable food, I highly recommend



checking out Picnik—formally Richard's American Grill. Don't let the name throw you off—there are no checkered tablecloths here! Located on Ocean Avenue between Santa Monica and Broadway in Santa Monica, this very hip joint has a large selection of fantastic food for breakfast, lunch and dinner. I had the privilege of first visiting this establishment on New Year's Eve with Women On A Roll. Everyone was so impressed with the food, atmosphere and service that Girl Guide chose to hold their 50th Issue Party there as well.

The cuisine is labeled "American," but you have a wide variety of Mexican and Italian dishes as well including tacos and various pasta dishes. My favorite so far is the Smoked Chicken Pasta which consists of bowtie pasta in a lo-fat chicken base with smoked chicken tenders, broccoli and sun dried tomatoes. Everything that I have sampled at Picnik has an

amazing blend of flavors and all of the ingredients are very fresh.

The atmosphere pretty much speaks for itself—you can't get much closer to the ocean unless you set up a beach blanket.



There is a wonderful bar that is separated from the restaurant by French doors. The floor has beautiful Italian tile and even the lighting is extraordinary. Third Street Promenade is just a block away, so you can head to the stores or see a movie after enjoying your meal. Finally, there's even a parking lot underneath the restaurant, which is a rarity for any business around that area! So check it out soon - I promise you'll be back!



Picnik Sample Menu Items

Breakfast

Gourmet White Chicken Chili & Eggs
Award winning chili, served with black beans.....6.95

Louisiana Hot Link Omelet
Cajun style sausage, diced tomato, green bell peppers, mild cheddar cheese and garlic.....6.25

Lunch

Skinny Minnie
Broiled marinated chicken breast, fresh black beans, steamed vegetables and a side of salsa.....7.95

Open Faced Salmon Sandwich
Fresh cut salmon filet on parmesan sourdough with cucumber, alfalfa sprouts, roasted peppers, tomatoes and vinaigrette dressing.....7.95

Dinner

Picnik Garlic Chicken
Boneless, skinless breast with Tuscan style roasted garlic, marinated tomatoes and fresh sautéed vegetables 9.95

Four Cheese And Potato Pizza
Mozzarella, gorgonzola, goat, parmesan cheese and broiled potatoes.....8.50

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Santa Monica
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(call for special event planning & catering)

Dinah Shore Weekend 1998



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Grand Ballroom

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MARCH
27TH

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MARGA GOMEZ • MICHELE BALAN • SUSAN JEREMY

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MIDNIGHT BUFFET

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BAND DATES & HOTLINES

March 1st - Sunday - "Our Friends Deductible" a benefit concert for Erin who needs help as she battles cancer. Performing: Lexie Shine, Kelly's Lot, Liz Irons, Debra Davis, Ghost Riders. @ The Mint, sug. \$10. 213-937-9630.

March 1st - Sunday - Nomi Lyons at The Palms 310-652-6188

Mar. 3rd - Tuesday - Little Frida's presents @ 8:00pm - Laura Schuler & Teeka Ballas \$2.00 at the door

Mar. 4th - Wednesday - Little Frida's presents @ 8:30pm - Madame Medusa \$2.00 at the door

March 7th - Saturday - Soul Devine at the Girl Spot in San Francisco - 401 6th Street - doors open at 9pm 415-337-4962

Mar. 8th - Sundays - Zola Moon at The Palms 310-652-6188

Mar. 10th - Tuesday - Little Frida's presents @ 8:00pm - Pachella & White, & Tracy Michele Tabb (T.J.'s Ragdoll)

Mar. 13th - Friday - Little Frida's presents @ 8:30pm - Melissa Ferrick \$5.00 at the door

Mar. 14th - Saturday - Little Frida's presents @ 8:30pm - Deborah Bartley \$3.00 at the door

Mar. 18th - Wednesday - Little Frida's presents @ 8:30pm - Michelle Cummings \$2.00 at the door

Mar. 21st - Saturday - Little Frida's presents @ 7:00pm - Pamala Goodchild with special guests \$5.00 at the door

Mar. 22nd - Sunday - Suzanne Solomen at The Palms 310-652-6188

Mar. 24th - Tuesday - Little Frida's presents @ 8:30pm - Laura Burgo \$2.00 at the door. With the release of her debut CD release, "Turned On Too Long" singer/songwriter Laura Burgo is poised to forge new musical territory with her own brand of original music. She has been selling out such local L.A. clubs as Luna Park, Fais Do-Do, and Largo.

Mar. 25th - Wednesday - Little Frida's presents @ 8:30pm - Lisa Sanders \$2.00 at the door

Mar. 27th - Friday - Little Frida's presents @ 9:00pm - The Occasional Risers \$5.00 at the door

Mar. 28th - Saturday - Little Frida's presents @ 8:30pm - Sweater Girl \$4.00 at the door

BAND HOTLINES

Cat B'lues - 310-543-5212

Holly Heaven & The Issue - 310-281-3174

Jennifer Corday & The Curious - 714-998-3783

Peculiar Boogie - 714-324-4423

"HUSH" formerly Sally & Michele - 310-226-7112

Cause For Concern 714-526-1402

Jill Warren 562-423-3464

Backroad Shack - 562-804-3198

Lisa Caterbone - 818-980-6972 ext. 4

Sonya Jason 310-392-8985

SEND YOUR BANDS DATES TO
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Beer Bust (no cover) 3:00 - 8:00

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PRESS RELEASES & HOT NEWS

GET MARRIED ON MAUI - "Stay for the honeymoon" - Maui Dreamtime Weddings Same gender Wedding Ceremonies on Maui's Beautiful Secluded Beaches. Call for a free brochure 1-800-779-1320 or check them out on the internet at <http://randm.com/mmww.html> See Ad this issue to see what packages include.

Watch Women Play Football Hare School Park 9:30 - 1:30pm Chapman Ave and Magnolia St., in Garden Grove. For more information please contact the SCWFFL at (562) 946-0099. Ten teams exist now, and games are held every Sunday until April 19th. The league has a winter and summer season and holds an Annual Memorial Day Tournament.

ALAS-American Latin Alliances sponsors a women's support group for Latinas and Friends, every Tuesday 7-9 PM in Highland Park at the LA/Dignity Center . 126 S. Ave 64. ALAS will also sponsor a softball team this summer. For more information about the support group or the softball team call 213-259-1051 or 213-259-8785.

SOFTBALL TEAM SEEKS PLAYERS The screaming Freida's softball team is now recruiting players of all levels to participate in the lesbian summer league. Games are played in Glendale Sunday mornings from March to June. Approximate cost per player including uniform and all fees is \$85.00 For more info. contact Prudence at (818) 352-0908

LESIANAS UNIDAS of Los Angeles Reuniones solamente en español en Estado en L.A. en Bienestar 5301 Beverly Blvd (cerca de la Atlantic Blvd) particinadoy. Llame LU. LU Hotline 310-664-0808 para mas informacin y revista de mes.

Alcoholism Center For Women 1147 So. Alvarado Street in Los Angeles 213-381-8500 or 381-8521. ACW is an agency that provides more than just AA meetings and recovery! We do movie nights, flag football, Erotica writing, self-defense classes and a vegetarian support group come see the "Miracle on Alvarado Street". Call for more information and our community magazine.

Meet new friends in your neighborhood! Women On A Roll will be hosting a series of Sunday Brunches called Geographically Desirable Friends. We'll be visiting Orange County, Long Beach, South Bay Area, Venice/Santa Monica, West Hollywood, Silverlake, San Fernando Valley, San Gabriel Valley, Santa Clarita and San Bernadino. If you are interested in attending in any of these areas, give us a call. (310) 578-8888.

Women With Balls Thursdays Nights at Little Frida's "Women with Balls" is a weekly stand-up comedy showcase featuring all female lineup of outrageous, uncensored and fabulously funny comedians. Every Thursday night a 8pm. Held at Little Frida's coffee house, 8730 Santa Monica Blvd. in West Hollywood. For info. call 310-854-5421

Women's Bar's in Lancaster & Bakersfield - We hear there is a club in Lancaster (The Back Door on Ave. I - mixed gay & lesbian opens at 6 PM) and in Bakersfield (Casablanca Club)

Hermanas Latinas (formerly Lesbianas Unidas) - a support group for the Latina Lesbian. The group strives to become the haven for Latinas in the Long Beach, Orange Co. and South Bay areas. Whether you search for a safe place to express personal issues or a meeting ground to begin new friendships/experiences... They meet every 1st and 3rd Wednesday at The Gay & Lesbian Center from 6:30 - 8:30pm located at 2017 E. 4th Street (cross street is Cherry). For more information call Stella at 562-428-6286

LESBIANTALK, the social conversation salon to meet interesting women and discuss real-life issues, is hosted by psychotherapist Stephanie Book Koehler. Topics this month include "Making Sense of Past Relationships & Learning from Them" and "How Do I Know If She's Interested in Me?" \$10. Coffee and dessert after at a local cafe. For more info call 310.573.3184.

QMUG/LA the Lesbian, Gay & Bisexual Macintosh User's Group for all of Los Angeles. Meets the 2nd Monday of each month, 7:30pm * LA Gay & Lesbian Center * An Officially Registered and Recognized Apple Macintosh User Group * In Existence Since June 1994 * <http://www.qmug.org> (213) 222-QMUG

Church Services - Worship Services at Metropolitan Community Church, 11:00 am (English only) & 5:00 pm (English & Spanish), 346 Riverdale Dr., Glendale, (818)500-7124. - Every Sunday

Women's Book Group meets the third Thursday of every month at Sisterhood Bookstore located at 1351 Westwood Blvd. 31-477-7300. Visit their used book section. Visit their website at www.sisterhood.com.

"Girls Room" - A wildly funny comedy with a "twist!" by Lori Kaye. Previews on February 8th & 9th - Tickets \$15. Sundays at 2:00 P.M. - runs from February 22nd and 29th. Showing at "2100 Square Feet", 5615 W. San Vicente Blvd. reservations (213) 660-TKTS. For Info. Contact: Lori Kaye (213) 650-7120

Gay and Lesbian Sierra Club. Call their 24 hour activity and information hotline @ 213 661-1907. They put out an excellent newsletter 6x/year called TRACKS, and is available for \$10.00 by sending a check to GLS, PO Box 615, Orange, Ca. 92856-0615.

Cross Cultural Lesbian Network - Single Black/White Women social group meet for monthly events. Wanted smart, educated, professional, women. in the LA area call 310-854-1815

Bienestar, Latino AIDS Project presents a "rap/support group" by the name of LUNA (Lesbians Understanding the Need for Advancement) for young latina lesbian and bisexual women between the ages of 15-26. It meets every Thursday from 7-9pm at the Bienestar Youth Center, 5301 E. Beverly Blvd. in East LA 90022. The phone is 213 727-7897. There is also an event line for other BYP (Bienestar Youth Program) events: 213 673-3635.

Lesbian Dining Club At Lesbian Dining Club Rotation Dinner Parties, guests are personally introduced to each other and rotate from table to table throughout the evening, affording everyone the opportunity to meet many eligible single women in just three hours. Advance reservations are required to secure a seat. **Early reservations** are highly recommended. Call for further info. and to book a reservation 310-364-4616.

The Los Angeles Asian Pacific Islander Sisters (LAAPIS) Sponsors a monthly support group, held every second Wednesday of the month from 8-9:30pm at the Gay & Lesbian Center, 1625 N. Schrader., Hollywood. A \$2 donation is requested. Lesbians and bisexual women of Asian/Pacific Islander heritage are welcome. For info 213-969-4084.

WOMEN ON A ROLL is a bicycling, sporting and social club with over 200 members. The club offers a fun and safe environment for women of all ages, fitness levels, singles and couples, to meet new friends who enjoy similar activities. For more information about WOMEN ON A ROLL and to receive a free newsletter, please call (310) 578-8888.

Phoenix Encore of Los Angeles - Join lesbians over 40 in social activities such as zoo visits, garden tours, pool parties, board games, etc. For more info. call (213) 464-4740 or (818) 982-7264. Monthly planning meetings are the first Sunday of each month.

C.O.O.L. - COALITION OF OLDER LESBIANS Lots of events planned Older women of all ages welcome. 213-913-7222

WOMEN AT WORK - A CAREER AND JOB RESOURCE CENTER IN PASADENA - Has many events scheduled for each month 818-796-6870

Tinseltown Squares - Lesbian & Gay square dance class meet every Tuesday from 7-10pm at Fiesta Hall in Plummer Park, West Hollywood. Come see them dance, next class opens in September 213-465-8232

"LOONEY" food-art-wine - new restaurant on the westside @ 2920 Lincoln Bl., Santa Monica 310-314-9957.

**Send your press releases/hot news
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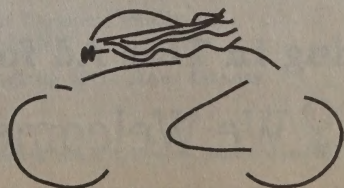
Brunch Locations:

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SAN BERNADINO
WEST LOS ANGELES
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ORANGE COUNTY
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NO APPOINTMENT NECESSARY



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◆ **Cuts**

◆ **Color**

4552 Van Nuys Blvd

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Sherman Oaks

(818) 906-9832

OPEN 7 DAYS A WEEK!

Mon-Fri 9-8 • Sat 9-6 • Sun 11-5

Bring in This Ad for 15% Off Any Service

♀♀ We Welcome Our Community ♂♂

March

Mondays
Reggae/Retro

Tuesdays
"Game" Night
Name That Tune
to win Prizes and Bar Tabs

Wednesdays
\$1 Drinks plus Great Music

Thursdays
No Cover - Great Music

Fridays
Salsa with DJ Gaye Ann
Dance Contest Friday, 3/27

Saturdays
House with DJ 'Lil J

Sundays
Beer Bust with Live Entertainment
3/1: Nomi Lyons
3/8: Zola Moon
3/22: Suzanne Solomen
3/29: To Be Announced

New! 3/15: Karaoke
You're The Star



Big Events

Tuesday, 3/17
St. Patrick's Day
Drink Specials
and Green Beer



Monday, 3/23
Academy Awards Party
Pick Up Your Ballots

Saturday, 3/14
Pisces Birthday Party
Free Admission plus
First Drink Free
for all Pisces

Saturday, 3/28
Palms Softball Team Beer Bust
4-7 pm

Monday, 3/30
Film Fatale
Screening, 9 pm

8572 Santa Monica Blvd.

Call Club for Further Details
310.652.6188

Validated Parking @ 24 Hour Fitness

Los Angeles Girl Guide

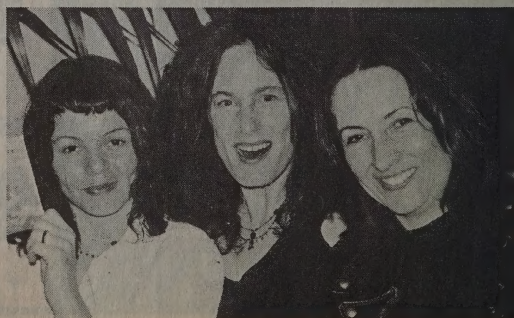
Celebrates the 50th Issue

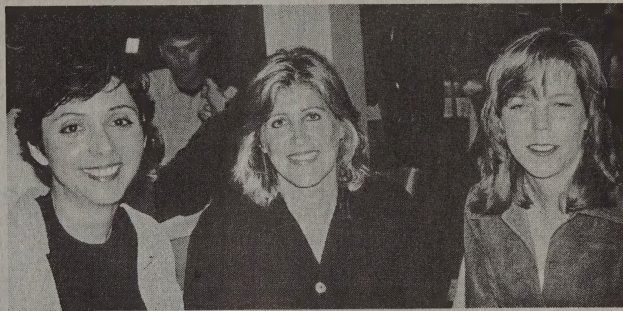
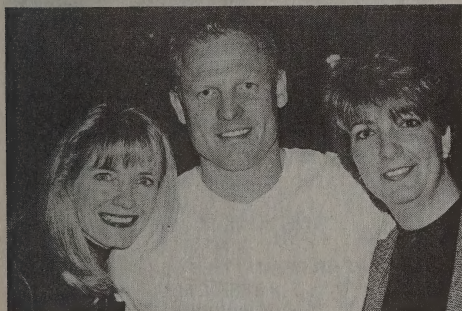
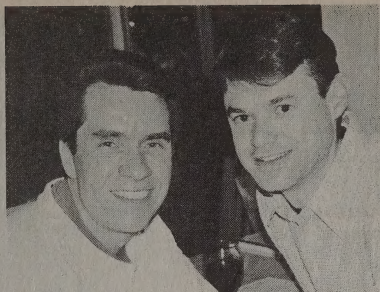
LA GIRL GUIDE staff and friends had a wild and fun 50th Issue Party in Santa Monica on Friday, February 13th at Picnik restaurant.

This event was a blast. A couple hundred girlz and a few boys came together to eat appetizers, drink beer and wine and mingle till after midnight. This party was a private affair just to celebrate the 50th issue.

Women On A Roll presented a wonderful present of 10 custom magazine racks to the paper. So far the racks have been placed at The Palms, Little Frida's, The Pleasure Chest, The French Market and The Abbey and in Long Beach at the Gay & Lesbian Center. More racks will be added as new locations are determined. I'd like to send a personal thank you to all the Women On A Roll ladies.

— Ginnie Getz, *LA Girl Guide*





POETRY CONTEST WINNERS \$100--\$50--\$25

1ST PLACE

The One

You moved like a rolling thunder storm across a thirsty desert floor
My heart looked upon you, and the promise of passion's rain

So close, yet so far

I could smell the moisture, and imagine its taste on my tongue
Clouds pregnant with vital water,
you entered my life with the announcement of rain

Nothing so important
Nothing so intense
Nothing so life changing enters the universe quietly

I felt your gusts against me as we ignited, the winds of weather
Lost in my reality and struggling to redefine
I thrust my fist into the wet warm earth at my feet

The hug
The pull
The push
and the beauty

....as I grew smaller and smaller in myself
I realized that you were becoming my everything

Storm above
Earth below
and I cried
I howled
as I breathed in through my nostrils and felt you enter my soul

The first
the only

who has fit with such perfection.

Catherine "RG" Padilla

We received hundreds of poems via email and regular mail for our poetry contest. We were amazed at the number of entries... We enjoyed reading all your poems and thank you for your submissions. We tried to publish as many as possible and hope to include some in upcoming issues. There were so many wonderful poems.

With the help of Heather Hoffman, editor of INTERBANG Magazine, we selected approximately 15 poems as final contenders for the contest. Many of the Girl Guide writers were the final judges. We hope you see the merit of the final choices. Poetry is very subjective and the decisions made were quite difficult..... —GIRL GUIDE

2ND PLACE

TANGLED

TANGLED TONGUES
LIPS
AND HIPS
BREAST TO BREAST
SLOW, DEEP
KISSES
HEART TO HEART
I BREATHE YOU
THE BEAUTY
LIES BETWEEN US
WITHIN US
INSIDE US
WE COME TOGETHER
CLOSER
EVERYTIME
WE COME TOGETHER
AS ONE
YOUR BEAUTY LIES BENEATH ME
BESIDE ME
INSIDE ME
TANGLED VINES OF PASSION
BEATING
BREATHING
LIVING
FOR EACH OTHER

c. 1997 Angel Kohls

3RD PLACE

THIS CHOCOLATE

I need to satisfy this craving inside of me.
As my fingers move
to unwrap a chocolate treasure,
I slowly discover that this chocolate
is like none I have ever known.
I revel in it's creamy purity —
pleasing to the eye and rousing to the touch.
This chocolate is smooth like silk,
the cocoa complexion radiating it's virgin delight.
I taste of it
and this chocolate is oh,so sweet!
My tongue holds it captive —
my buds are savoring
this majestic confection.
In the warmth of my mouth
it melts into a buttery pool of chocolate nectar,
It glides down my throat
like a stream of velvety ribbon
and I am satisfied.

This chocolate is like none I have ever known.
This chocolate is you..

Paula Brousseau



Enjoy
Yourself.

GAME NIGHT

TUESDAYS

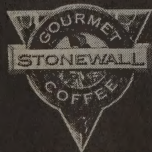
\$1 APLA BINGO

WEDNESDAYS

Great Prizes!

Chat Room *LIVE!*

THURSDAYS



**STONEWALL
GOURMET COFFEE**

8717 Santa Monica Boulevard • West Hollywood

RESTAURANTS

WEST HOLLYWOOD/WEST LA/LA

Benvenuto 8512 Santa Monica Bl. (310) 659-8635
 Bossa Nova 685 N. Robertson Bl. (310) 657-5070
 Cafe Caribe 606 N. Robertson Bl. (310) 289-2824
 Cafe De Paris 640 N. Robertson Bl. (310) 358-0908
 Cava 8384 W. Third St. (213) 658-8898
 Checca 7323 Santa Monica Bl. (213) 850-7471
 Dome Billiard Cafe 7901 Santa Monica Bl. (213) 650-1886
 Eat Well 8252 Santa Monica Bl. (213) 656-1383
 Figs 7929 Santa Monica Bl. (213) 654-0780
 French Quarter 7985 Santa Monica Bl. (213) 654-0898
 Itana Bahia 8711 Santa Monica Blvd. (310) 657-6306
 Java Joint 7420 1/2 Melrose Ave. (213) 951-0782
 La Masia 9077 Santa Monica Bl. (310) 273-7066
 Louise's Trattoria 7505 Melrose Ave. (213) 651-3880
 Luna Park 665 N. Robertson Bl. (310) 652-0611
 Marix Tex-Mex 1108 N. Flores (213) 656-8800
 Quality 8030 W. Third St. (213) 658-5959
 Skewers 8939 Santa Monica Bl. (310) 271-0555
 Swing Cafe 8545 Santa Monica Bl. (310) 652-8838
 Tacos Tacos 8948 Santa Monica Blvd. (310) 657-4832
 Tango Grill 8807 Santa Monica Bl. (310) 659-3663
 Tommy Tang's 7313 Melrose Ave. (213) 937-5733
 Trocadero 8280 West Sunset Blvd. (213) 956-7161

HOLLYWOOD / SILVER LAKE/LOS ANGELES

Atlas Bar & Grill 3760 Wilshire Blvd. (213) 380-8400
 Casita Del Campo 1920 Hyperion Ave. (213) 662-4255
 Cobalt Cantina 4326 Sunset Bl. (213) 953-9991
 Duke's Coffeeshop 8909 Sunset Bl. (310) 652-3100
 El Cid Flamenco 4212 W Sunset Bl. (213) 668-0318
 Gloria's Cafe 3603 Sunset Bl. (213) 664-5732
 Il Piccolino Trattoria 641 N Highland (213) 936-2996
 Louise's Trattoria 4500 Los Feliz Blvd. (213) 667-0777
 Off Vine 6263 Leland Way (213) 962-1900
 Skewer's 617 S. Central Ave. (213) 689-6900
 Zen Restaurant 2609 Hyperion Ave. (213) 665-2929

SANTA MONICA / VENICE

Dandelion's Cafe 636 Venice (310) 821-4890 V
 Figtree Cafe 429 Ocean Front Walk (310) 392-4937 V
 Looney's 2920 Lincoln (310) 314-9957 SM
 The Firehouse 213 Rose Ave. (310) 396-6810 V

LONG BEACH

Birds Of Paradise 1800 E. Broadway (310) 590-8773
 Bistro 33 2941 E. Broadway (310) 439-3672
 Espresso Cafe 320 Elm Ave. (310) 437-1464
 Le Jardin 145 West Broadway (310) 433-1470
 Lucile's Espresso 204 Orange Ave. (310) 437-3300
 Omelette Inn 108 West 3rd St. (310) 437-5625
 Original Park Pantry 2104 E. Broadway (310) 434-0451
 Park Pantry 2104 E. Broadway (310) 434-0451

THE VALLEY / PASADENA/SHERMAN OAKS

Cafe du Soveil 4315 Riverside Dr. (818) 954-8734
 Eagles Coffee & News 5231 Lankershim Bl. (818) 760-4212
 Hot Tortilla 2383 Colorado Bl. (818) 792-9189
 Louise's Trattoria 12050 Ventura Blvd. (818) 762-2662
 Skewers 14611 Ventura Blvd. (818) 995-8888

25,000 LESBIANS HEAT UP PALM SPRINGS!

Club Skirts, San Francisco & Girl Bar, Los Angeles are proud to announce The 8th Annual Club Skirts & Girl Bar Dinah Shore Weekend, March 26-29, at the Wyndham and Marquis Hotels. The weekend is touted by the gay and lesbian press as the largest lesbian getaway in the world, and has become the straight media's favorite "lesbian Chic" event. Past feature articles have appeared in Buzz Magazine, Sports Illustrated, Wall Street Journal, San Francisco Examiner, LA Times, San Francisco Chronicle, as well as Fox News, Channel 4 England, Nightline and various documentaries. Last year, Titleist, a major golf equipment manufacturer, was so incensed by the media attention Sports Illustrated paid to The Club Skirts & Girl Bar Dinah Shore Weekend, they pulled over \$1,000,000 worth of advertising from the unsuspecting Sports Magazine. This gesture sent a strong message to women athletes that "golf and lesbians don't mix!" But they do, like an Absolut Vodka and tonic! Palm Springs Bureau of Tourism estimates between 15,000 and 25,000 women attend the parties and tournament. The weekend's fiscal impact on the City of Palm Springs is so positive, the republican Mayor presented the lesbian promoters, Sandy Sachs and Robins Gans of Girl Bar, and Mariah Hanson of San Francisco based Club Skirts with a proclamation making March 29, 1997 "Gay Tourism Day!" The three event promoters design the weekend with a fantasy vacation in mind, especially since they estimate as many as 50% of attendees never see a golf ball. Almost 4,000 women are estimated to stay at the two host hotels alone, with thousands more at smaller surrounding hotels and condos. Thursday's "Kick Off Party" at The Wyndham sets off the fast pace of the weekend. Partial proceeds from this event benefit "Emily's List." Friday night marks a nationally acclaimed comedy show, Queens of Comedy, featuring lesbian favorite, Marga Gomez, plus comedienne Susan Jeremy and Michele Balan. Friday night also hosts The White Party, with state of the art light and sound in a spectacularly decorated Grand Ballroom. Saturday day features girl bands poolside at The Marquis Hotel. Col. Margarette Cammermeyer is also scheduled to make a fundraising appearance Saturday day in a private reception on property, as well as poolside Sunday. Saturday night's One Night in Rio is the largest party of the weekend, with a special live performance by dance diva Robin S, singing her mega hit, Show Me Love. The event recreates a Rio atmosphere, including a performance on the outside patio by Rudy Rigelletto's Salsa Band. Sunday day is the largest pool party, Splash!, and we end the weekend with a final blowout party, Amnesia, at The IceHouse, a local nightclub. Customers may obtain a detailed brochure outlining our activities and events by calling 1-888-44-DINAH. To reserve a room, call The Wyndham Hotel at 760-322-6000 or The Marquis at 760-322-2121. You must mention The Dinah Shore Weekend reserve a room. Rooms are secured with a \$75 non-refundable deposit and we enforce a two-week cancellation policy. Club Skirts is owned by Mariah Hanson of Mariah T Presents, which is responsible for San Francisco's women's Clubs, The Girl Spot and Club Skirts, in addition to The Club Skirts Monterey Bay Women's Weekend, and Club Skirts at Disney in Florida. Girl Bar is owned by Sandy Sachs and Robin Gans, who also produce Los Angeles Friday and Saturday night women's clubs, Girl Bar at Axis and Girl Bar at The Love Lounge, and have plans to produce a Girl Bar weekend in Pensacola, FL. The three women joined forces in 1991 to produce The Dinah Shore Weekend and since then have turned it into an international phenomenon. ###

Saturday March 28th

Salsa Con Clase's
4
Anniversary
*Celebration*th

Featuring "Orquesta Cubanakan" "Candi Sosa"
with special guest Recording Artist

DOORS OPEN 9pm • DOORS PRIZES • RAFFLES • \$12.00 ALL NIGHT • DRESSY ATTIRE PLEASE

Don't Forget **iSALSA CON CLASE!** LA's finest latin club
every first, third and last Saturday of every month
at RUDOLPHO'S 2500 RIVERSIDE DRIVE in SILVERLAKE.

- The Hottest D.J.s, Live Salsa Bands and Go Go Dancers •
- Large Outdoor Patio and Valet Parking •

HOTLINE 626-576-0720 OR 626-282-0330

THE COUNTRY WESTERN SOCIAL EVENT OF THE YEAR. . .

Dinah Shore Weekend, March 27th - 29th

Come Join the Country's Finest Kowgirls . . . At the 6th Annual Dinah Shore Kountry Kickin' Weekend . . . Krazy Horse Style At the World Famous Desert Palms Inn. Call for reservations (800) 801-8696. Full Facility Restaurant on Premises- Indoor, Outdoor Dinning Heated Pool and Spa

A COUNTRY AFFAIR, presented by Krazy Horse Productions. . . Is sure to be, *'The place to be'*. The 2 1/2 acre grounds will be transformed into a Country Western Town, right out of the old west, with 3,000 square feet of outside tented, dance floor, (with heaters and lights). Complete with saloon doors, Outpost shops, and Real Tattoo Parlor, along with Real Body Piercing Booth!

MR. DYER'S DAUGHTERS TO PERFORM! ONE SET ONLY - DON'T MISS EM' (As seen in the upcoming Patrick Swayze movie, "Letters from a Killer") This Band is HOT and FAST TRACKING TO THE TOP

For some heart pumping excitement, come ride Nellie the Mechanical Bull! Everyone should *"git up on this"* at least once. . . or twice . . . or . . . This is exciting stuff!

SCHEDULE OF EVENTS

Friday Night March 27th, 7pm till 2am

Cost: \$15.00 Pre-Sale. \$20.00 at the door
Line dance lessons 8:00 p.m.

Mr. Dyers Daughters 10:30 P.M. One Set Only
Non Stop Country dancin' all night long
Mechanical bull riding all night long
Real Tattoo Parlor/Real Body Piercing all night long
Midnight Madness Raffles
Midnight Buffet

Saturday Afternoon: **FREE** Pool Party

Music: Country, Rock 'n Roll, Disco & Dance all afternoon

Saturday Night March 28th, 7pm till 2am

Cost: \$20.00 Pre-Sale. \$25.00 at the door
Line dance lessons are at 8:00 p.m.
Non Stop Country dancin' all night long
Mr. Dyers Daughters 10:30 P.M. One Set Only
Mechanical bull riding all night long
Mechanical bull riding contest, 10:30 p.m. \$100.00 cash prize 1st place.
Midnight Madness Raffles
Midnight Buffet

Weekend Package Pre-Sale \$30.00. \$35.00 at the door.

Additional Discount given to Hotel Guests. Desert Palms Inn is located at: 67-580 E. Palm Canyon Drive, Cathedral City, CA 92234 (800) 801-8696

Krazy Horse Hotline: (909) 280-0498

E-mail: krzyhrse@ix.netcom.com

Krazy Horse Fax: (909) 280-0458

COMMUNITY RESOURCES

ACLU Lesbian & Gay Rights (213) 977-9500 ext. 237

Aids Project Los Angeles 1313 N. Vine St. LA Call (213) 993-1600

Anti-Violence Project Tired Of Harassed for being a lesbian? No one has the right to harass, threaten, or assault you. Report it to the Anti-Violence Project. For more info call 213-993-7673.

Coalition Of Older Lesbians socialize with lesbians over 40 in a variety of activities from tours, games, fishing, museums, dances, etc. as planned by participants. For more info. call (213) 993-7443 or (818) 982-7264

Community Business Network (800) 404-4226

Ebony Lesbians Of Afrikan Descent Meet to rap every 3rd Wednesday of each month (6:30-8pm) at The Center in Long Beach located at 2017 E. 4th St. Call (310) 986-2793 or write ELAD P.O. Box 4495 Long Beach 90804

Los Angeles Gay & Lesbian Center 1625 N. Schrader Blvd. Hollywood (213) 993-7400

Greater Los Angeles Softball Association (310) 440-3328

LA Frontrunners - weekly fun run call for info. (213) 460-2554

Latina Lesbians AMIGAS is a group created for you, the Latina Lesbian. Social and event club open to couples and singles. For information call (818) 418-1809 (pager).

Lesbian Dining Club Meet fascinating, attractive, interesting single women dining out at fabulous restaurants! Be personally introduced to women you want to meet. Call (310) 364-4616.

Lesbiantalk, the fun & friendly conversation salon. Twice a month. \$10. Call 310-573-3184.

Long Beach Gay & Lesbian Center 2017 E. 4th Street (310) 434-4455

Metropolitan Community Church Glendale 346 Riverdale Dr., Glendale (818) 500-7124

Orange County & Long Beach - GREAT OUTDOORS Call their Hotline to find out about events (714) 665-7377

Phoenix Encore of Los Angeles - Socialize with lesbians over 40 in a variety of activities from tours, games, fishing, museums to dances. For more info. call (213) 464-4740 or (818) 982-7264

The L.A. Gay & Lesbian Community Services Center is proud to announce the "Audre Lorde Lesbian Health Clinic." The clinic provides free or low cost health services in a lesbian sensitive, client-centered, supportive environment. For more information call (213) 993-7570

The Lesbian & Gay Mediation Project is a project of Los Angeles County Bar Association's Dispute Resolution Service, Inc. Co-sponsored by the Gay & Lesbian Community Services Center... They may be able to help you with Relationship Issues, Family Issues, HIV/AIDS related matters, Landlord/Tenant disputes, Neighborhood Issues, Small Claims Disputes, etc. Call (213) 993-7675, for info.

Young Womyn's Rap

Every Friday Night from 8-10pm - meet women 23 and under in a safe, cozy setting. To talk — or just listen. Located at The Center 1625 N. Schrader in Hollywood. For more info call (213) 993-7451

Women On A Roll - is a bicycling, sporting and social club for women. We are having a great time, join us at one of our upcoming events. Call (310) 578-8888

Women's Professional & Business Alliance - call for information 213-461-COED

**EMAIL YOUR GROUP INFO.
TO LA GIRL GUIDE
lagirlmag@aol.com**

"Partners For Life"

Gay & Lesbian Wedding Showcase

The "Partners For Life" Gay & Lesbian Wedding Showcase that took place Sunday, February 8th in Buena Park was a tremendous success. Over 500 people attended the event which hosted over forty-five vendors and two full length fashion shows. Both the vendors and those in attendance voiced enthusiastic praise for this first time event. This event was produced by D.J. Davis Photography, Rico Designs and L&M Productions.

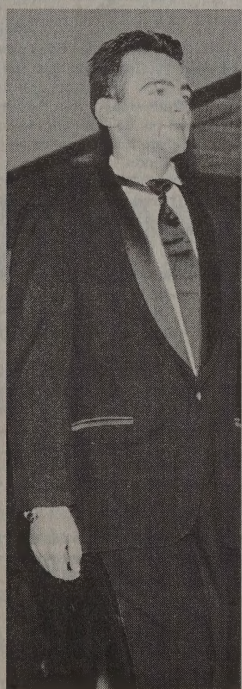
The Fashion Shows were produced by Rico Designs..

Look for another event to be held in the future





"Partners For Life"



IMPORTANT DATES

Mar. 1st - Sunday - "Our Friends Deductible" a benefit concert for Erin who needs help as she battles cancer. Performing: Lexie Shine, Kelly's Lot, Liz Irons, Debra Davis, Ghost Riders. @ The Mint, sug. \$10. 213-937-9630.

Mar. 1st - Sunday - Little Frida's presents @ 7:00pm - Open Poetry Workshop
A relaxing opportunity to share and/or learn with poets in a pleasing environment. All levels of experience welcome.

Mar 3rd - Tuesday - First Practice for the SCREAMING FRIEDAS SOFTBALL TEAM. Currently recruiting players of all levels to participate in the Summer League. For more info contact the Manager, Prudence at (818) 352-0908.

Mar 4th - Wednesday - Join the Gay and Lesbian Sierrans for a Griffith Park Hike. Meet at the Griffith Park Headquarters/Visitor Center on Crystal Springs Road at 7 PM sharp for a moderate 5mi rt., 1145' gain hike. Call the GLS Hotline 213-661-1907 for more info.

Mar 5th - Thursday - Join the Gay and Lesbian Sierrans for a Santa Monica Beach Walk. Contact Nitsy McCarthy at 818-787-9806 for more information.

Mar. 5th - Thursday - Little Frida's presents @ 8:00pm - Women with Balls, a comedy showcase \$3.00 at the door. **Also on the 12th, 19th, & 26th.** Since January 1996, "Women with Balls" has brought you the funniest and cheapest good time in the city. This show is one of only two showcases in L.A. dedicated to women stand-up comics and it's earned LA Weekly's "Pick of the Week". Among the 150 different women comedians who've performed here the show has become known as "the best audience there is for women in L.A.". You're invited to be a part of it every Thursday.

Mar. 6th - Friday - Girl Bar in association with Warner Bros Records present the official record release party for Madonna's new album "Ray Of Light" with guest Manny Lehman

Mar. 7th - Saturday - Little Frida's presents @ 8:30m - Artist Reception with Wunderdyke Karen Schmidt. Karen Schmidt, a.k.a. wunderdyke, has been hard at work challenging (the) sexual stereotypes. Through her show "Call me Bobby". She takes a beloved fashion doll where we know she's always wanted to go. This show is bound to raise some eyebrows.

Mar. 7th - Saturday - Girl Bar & Friends - Sorority Rush -18 and over welcome with DJ Terri Lutton - now twice a month - the first and last Saturday of each month

Mar. 7th - Saturday - Salsa Con Clase at Rudolpho's in Silverlake at 2500 Riverside Drive - live Salsa bands - Go Go dancers - 626-576-0720 or 626-282-0330

Mar. 7th - Saturday - Escapades Winter Olympics - Go For The Gold - Call for details 818-508-7008

March 7th - Saturday - Soul Devine at the Girl Spot in San Francisco - 401 6th Street - doors open at 9pm 415-337-4962 www.girlspot.com

Mar. 9th - Monday - Little Frida's presents @ 7:00pm - Lesbo Bingo
Little Frida's and the L.A. Gay & Lesbian Center, Community Outreach & Education Department presents a night of raucous laughter, great prizes, and a crazy raffle. Come join in the fun while supporting the community! RSVP #213-401-COED.

Mar 11th - Wednesday - Join the Gay and Lesbian Sierrans for a Griffith Park Hike. Meet at the Griffith Park Headquarters/Visitor Center on Crystal Springs Road at 7 PM sharp for a moderate 5mi rt., 1145' gain hike. Call the GLS Hotline 213-661-1907 for more info.

Mar. 11th - Wednesday - Little Frida's presents @ 8:00pm - Women's Songwriter Night

Mar 12th - Thursday - Gay and Lesbian Sierrans hike Chino Hills State Park

for the Full Moon. 4 mile round trip with a beautiful view and lots of wildlife. Contact Cookie for more info at 714-256-1211.

Mar. 13th - Friday - Girl Bar presents Dinah Shore Weekend Kickoff - with DJ Terri Lutton - win tickets to Dinah Shore Weekend. Doors open each night at 9pm

Mar 13th-15th - Friday - Sunday - Join Gay and Lesbian Sierrans for a carcamp at El Capitan State Park. Full moon, potluck, hot showers, oceanview from campsites hidden in the woods. Contact Nitsy McCarthy at 818-787-9806.

Mar. 14th - Saturday - Pisces Birthday Party at The Palms - free admission plus first drink free for all Pisces

March 14th - Saturday - Girl Bar & Friends present a Dinah Shore Weekend Kickoff with guest DJ Dawna Montel from Groove Radio

March 14th - Saturday - Girl Spot in San Francisco - DJ Page Hodel - Hip Hop and House Music - 401 6th Street - doors open at 9pm 415-337-4962

Mar. 15th - Sunday - Little Frida's presents @ 7:00pm - Open Poetry Workshop - A relaxing opportunity to share and/or learn with poets in a pleasing environment. All levels of experience welcome.

Mar. 15th - Sunday - Karaoke at The Palms - "You're The Star"

Mar. 17th - Tuesday - St. Patrick's Day at The Palms - drink specials and green beer

Mar. 17th - Tuesday - Escapades presents a St. Patrick's Day Buffet - starting at 4pm

Mar. 17th - Tuesday - Little Frida's presents @ 8:00pm - Lesbian Erotica Reading "Soul Between The Lines" Writing to find your spirit and your journey through life.

Mar 18th - Wednesday - Join the Gay and Lesbian Sierrans for a Griffith Park Hike. Meet at the Griffith Park Headquarters/Visitor Center on Crystal Springs Road at 7 PM sharp for a moderate 5mi rt., 1145' gain hike. Call the GLS Hotline 213-661-1907 for more info.

Mar 19th - Thursday - Gay and Lesbian Sierrans hike Caballero Cyn. Beginners welcome. Bring water, lugsoles, snax. For more info, contact Nitsy McCarthy at 818-787-9806.

Mar. 20th - Friday - Little Frida's presents @ 7:00pm - AIDS Ride 5 Benefit Party Live Entertainment.

March 21st - Saturday - Girl Bar & Friends present "Just Dance with DJ Terri Lutton

Mar 21st - Saturday - Gay and Lesbian Sierrans hike to the Hollywood sign. (7mi. rt 500ft gain) Bring, good walking shoes, and water. For more info, call Cookie at 909-688-2812.

Mar. 21st - Saturday - Salsa Con Clase at Rudolpho's in Silverlake at 2500 Riverside Drive - live Salsa bands - Go Go dancers - 626-576-0720 or 626-282-0330

March 21st - Saturday - The Girl Spot in San Francisco presents The Dinah Shore Kick Off Party. Win free party passports - see videos and slides of past Dinah Shore Weekends. \$2 domestic beer - special guest DJ Matthew from Go Girls CD's, playing house and hip hop at - 401 6th Street - doors open at 9pm 415-337-4962

Mar. 22nd - Sunday - Carnival Days at Escapades - play your favorite games - have some hot dogs, popcorn and cotton candy 818-508-7008

Mar. 23rd - Monday - Academy Awards Party at The Palms - pick up your ballots

Mar 25th - Wednesday - Join the Gay and Lesbian Sierrans for a Griffith Park Hike. Meet at the Griffith Park Headquarters/Visitor Center on Crystal Springs Road at 7 PM sharp for a moderate 5mi rt., 1145' gain hike. Call the GLS Hotline 213-661-1907 for more info.

IMPORTANT DATES

Mar 26th - Thursday - Join the Gay and Lesbian Sierrans for a Santa Monica Beach Walk. Contact Nitsy McCarthy for info call 818-787-9806.

Mar. 26th - Mar. 29th - Dinah Shore Weekend in Palm Springs - see ads in this issue for events presented jointly by Club Skirts and Girl Bar. See also information on Country Events presented by Krazy Horse Productions.

Mar. 28th - Saturday - Salsa Con Clase's 4th Anniversary Celebration featuring "Orquesta Cubanakan" with special guest recording artist "Candi Sosa" - doors open 9pm - doors prizes - raffles - dressy attire please

Mar. 28th - Saturday - Palms Softball Team Beer Bust at The Palms 4-7pm

Mar. 28th - Saturday - Girl Bar & Friends present special "Sorority Rush" with guest DJ Ron Packard

March 28th - Saturday - The Girl Spot in San Francisco presents a benefit for the Womens Building's Audrey Lourde Lesbian's of Color Workshop - DJ Marcos 401 6th Street - doors open at 9pm 415-337-4962

Mar. 29th - Sunday - Little Frida's presents @ 7:00pm - Open Poetry Workshop. A relaxing opportunity to share and/or learn with poets in a pleasing environment. All levels of experience welcome.

Mar 29th - Sunday - Join the Gay and Lesbian Sierrans for a La Tuna Cyn Dog Hike. Call the GLS Hotline for more info at 213-661-1907.

March 30th - Monday - Film Fatale Screening at The Palms 9pm

Aug 1st - 8th 1998 - Gay Games in Amsterdam

Apr 3rd-5th - Friday - Sunday - Join the Gay and Lesbian Sierrans for Anza Borrego Desert Camping. Call the GLS Hotline for more info at 213-661-1907.

THE POOP ON ELLEN - EPISODE #19 by Debbie Tsafir

We got into the studio around 5:30, just as the warm up guy was starting his routine.....at about 5 to 6 they showed parts of recent shows so we would all know where the story was at.....at 6:00 the warm up guy introduced Ellen.....she was the only regular cast member in the show.....Ellen came out and started walking across the furniture in her living room.....when she finally took the mike .she said over the years they've had some pretty big guest stars on the show like Oprah, Emma Thompson, Billy Bob Thornton etc, but she told us that she felt more nervous tonight then she had for any other show.....She said the guest star tonight was an up and coming actress that hasn't been able to get much publicity, and Ellen was trying to give her some exposure by being on the show.....she then introduced Anne Heche.....Anne came out and thanked Ellen for the chance to reach a national audience.....Ellen then started taking questions from the audience.....someone asked if Ellen planned to do any movies since the future of the show was still uncertain (someone asked later if she would be back,...they still haven't heard anything from ABC) ...Ellen said she starts filming a Ron Howard movie with Matthew McConaghey March 31.....someone asked if Ellen and Anne had plans to do a movie together...Ellen turned to Anne and said "you answer that one Honey"...Anne replied with a very firm "yes"...Ellen went on to say there are a couple of projects she and Anne have in mind that are moving closer towards happening....Ellen then turned towards Anne and said "let's go do some acting".....

There were only three scenes in the show....the opening scene before the credits, and two scenes in the hospital.....Scene one began with Ellen rushing into the emergency room of the hospital.....the show is set to air on March 4...you might want to watch the tabloid shows Monday (E!, Entertainment Tonight, etc)....they all had crews at the taping

29

TRISH'S

RUMORS

AN ALTERNATIVE LIFESTYLE CLUB

MARCH 14TH - SATURDAY

**Dummy-Up Reunion Party #2
"BE THERE OR BE FORGOTTEN"**

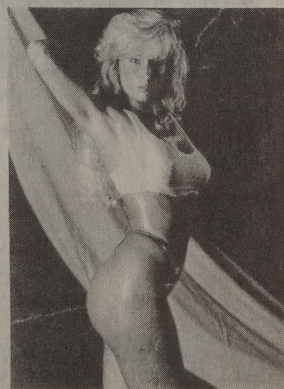
**Thursdays - Jam Night
Fridays - D.J.
Saturdays - D.J. and Band**

March 17th - ST. PATRICK'S DAY FLING

All the Irish and then a tease

March 21st - SPRING INTO MARCH ON

**CO-ED NIGHT - with our exotic female dancer Brandy
and a OH-SO-HOT male centerfold - give-aways & photos -
NO COVER - (whichever guy or gal brings the largest group gets 50% any private party)**



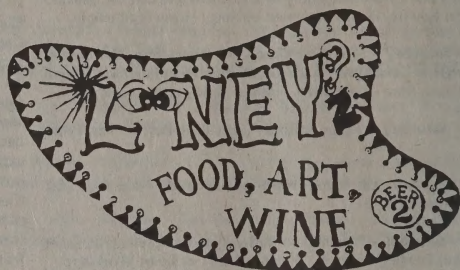
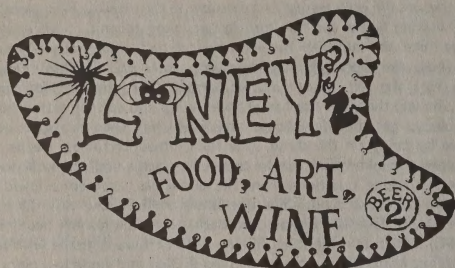
HOURS ARE MON- SUN 6pm-2am & FRI 3pm-2am (TGIF) - call for nightly events

10622 MAGNOLIA • NORTH HOLLYWOOD 91601 818-506-9651

Let the heterosexuals go fight the wars. We'll stay here and PARTY! Most straight girls are whores. They claim they were "born that way."

Bill Clinton & Monica Lewinsky

Another sleazy example of the tragic heterosexual lifestyle.



A "Van Go's Ear" Production

2920 Lincoln

Between Ocean Park and Rose!

(Look for the really gay Christmas tree that's still in the window.)

in Santa Monica

Lewinsky

310-314-9957

*We're LOONEY about
Lesbians!*

You'll even find a lesbian or two working at LOONEY'z. However, feel free to sexually harass ALL the help. Even the straight girls and boys working at LOONEY'z enjoy the attention. (You know straight people. Tip 'em 25%. and the next thing you know, they're in bed doin' you!)

*"LOONEY'z ... A lively luscious place where lovable lesbians eat, and
lushy lesbians lap up liquor!"*

The thing I hate about straight people is, they always have to talk about it, and push it in peoples faces. Let the heterosexuals go fight the wars.

The thing I hate about straight people is, they always have to talk about it, and push it in peoples faces. Let the heterosexuals go fight the wars. We'll stay here and PARTY!

Most straight girls are whores. They claim they were "born that way." If Monica Lewinsky were a lesbian, would she be considered a lipstick lesbian? Most straight girls are whores.

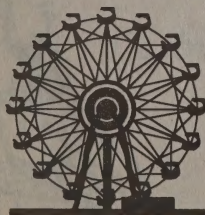
ESCAPADES



*Saturday March 7th 2PM
Escapades Winter Olympics
Go For The Gold
Teams Picked At Random*



*Tuesday March 17th 4PM
St. Patrick's Day Buffet*



*Sunday March 22nd 3PM
Carnival Days At Escapades
Play Your Favorite Games
Have Some Hot Dogs, Popcorn and Cotton Candy*

10437 BURBANK BLVD. NO. HOLLYWOOD (818) 508-7008

The Orange County Scene.

* List events, give a shout out to your friends, for FREE email mgrector@uci.edu or fax 714.965-6763.

March

Different Drummer Books 1294 South Coast Highway Laguna Beach (714) 497-6699

March 9 - 6:30-8:00 PM Financial Empowerment for Women Free Workshop. Workshop led by Carin Carillo, Registered Sales Assistant with Smith Barney. Call 497-6699 to register.

March 12 - 6:30-8:00 PM Exploring past lives/influences on today. Led by Rose Ekholm. Exploring the possibility and probability of past lives. \$10.00 donation.

March 14 - 1:00 PM The "Triangle of Health" Free Workshop. Chiropractor, Dr. Cynthia Bernert. DD customers will be treated to a complimentary Chair Massage.

March 21 - Saturday 3:00 PM Women's history month open poetry readings In celebration of March Women's History Month, come read from some of your favorite poetry by women or just come to listen!

March 22 - 12:00-6:00 PM Astrology, Tarot, and Psychic Readings Every Sunday in February by Vivienne (M.A. Counseling). Cost is \$1.00 per minute and appointments are preferred.

March 29 - Sunday 3:00PM Meet the Author of How to Get to Heaven Without Going to Church - The Reverend William Aulenbach.

Triangle Trail Trekkers - An SCWU Sponsored Activity. (714) 837-7511 Robin

March 14 Saturday 10:00 AM Aliso & Woods Canyon Regional Park.

This is an easy to moderate hike. Rock formation, a Sycamore Grove and other nature stuff.

April 14 Saturday 10:00 am San Juan Loop Trail

This will be an easy hike with views of flowers, a waterfall and oak trees.

*Bring lunch and water to all Triangle Trail Trekkers events.

Laguna Outreach (714) 497-4237 LGUNAOTRCH@AOL.COM

March 11 General Meeting. Mark Bennett, 6:45 p.m., Bridge Hall, Neighborhood Congregational Church, Laguna Beach \$5 non-members.

March 19 Thursday Awesome Adventures, Second Annual Fly Fishing Seminar, 7-9 p.m., members \$15, non-members \$20. pre-pay required, limited to 20 people. Call Blazin' Bettye for details - 714/462-9553.

March 20 Women's Video Night, 7 p.m., potluck, call 497-4237 for reservations.

Coffee Houses

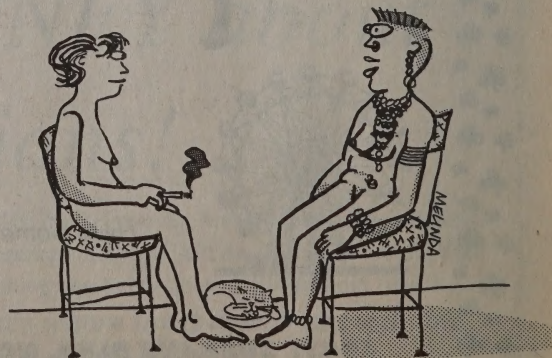
Fahrenheit 451 450 S Coast Hwy., Ste. 100
Laguna Beach 714/376-3451 11am-10pm,
Entertainment 8pm coffeehouse/bookstore

The Gypsy Den Cafe & Reading Room

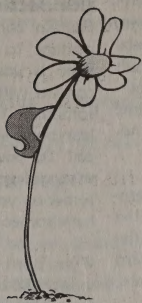
2930 Bristol St., Costa Mesa(@the LAB)
Mon-Thur 7am-11pm, Fri 7am-11:30pm,
Sat 8am-11:30pm, Sunday 8am-10pm
Live music & cult movies(movies on alt Mon.)
714/549-7012

Alta Coffee Warehouse & Roasting Company

506 31st Street, Newport Beach 714/675-0233
mon-thur 6am-11pm, Fri 6am-12midnite
Sunday 7am-11pm Evening Music



"Are my accessories too provocative?"



Wishes Do Come True

Are you wishing for a deep and meaningful relationship with a quality woman?

What are you doing for yourself to fulfill that wish?

If the kind of woman you're looking for can't be found in a bar,
or by hit and miss approaches, call us. We're here for you.

Lesbian Dining (and Dating!) Club™

(310)364-4616

Burnout And Stress

by Cathy Bolger

I have been getting more calls lately to help organizations with stress and burnout issues. The companies range from those who are growing too fast to keep up, through those that are downsizing. There are also the general stressors that different individuals bring on themselves such as lack of assertiveness, poor interpersonal skills, poor conflict management, pessimism, poor time management, inadequate delegation, and inability to set boundaries or limits.

Often times, there are "system" problems over which the employee has little control that are contributing to the stress on the employees. Problems and resulting stress often come from the system such as inadequate tools to get the job done, poor reward system, and lack of sufficient coordination between departments.

For instance at a local high-growth manufacturing co. I worked with, they couldn't keep up with the demand for their product. They under forecast growth each month and were short products by the end of the month. In addition, their software was inadequate to track inventory and product, so the customer service and sales people were being put in the middle between angry customers and a system that couldn't get products to customers efficiently. So, I asked the managers I worked with when they were going to get that stuff fixed. They said it is being worked on but at least 9 months away! In other words, the employees I worked with were in the worst stress scenario, a stress they had no control over and would not be modified for at least 9 months.

Other things contribute to stress and burnout. When talking about burnout, I give them a short survey that I designed. It asks about job match, job clarity, job support, feelings of belonging at work, feelings of appreciation, and rate of change.

A major stress reducer is identifying what one can control and doing something about that. Indeed, the AT&T study (Kobasa and Maddi) on what makes some employees more hardy or stress resistant mentions control, commitment, and challenge (some experts add connection).

Control

I generally start by helping trainees identify things they have control over such as how well they are taking care of themselves. These include exercise, nutrition, relaxation, support systems, time for oneself, setting limits (saying no, asking for help), unnecessary worrying, unnecessary perfectionism, time management, and pessimism. I ask them to make a commitment to do something in these areas as this will be a start toward controlling their stress.

I compare our body to a bank of energy. All day long, we have withdrawals and deposits. If at the end of the day, week, or month, we have taken more withdrawals than deposits, we will start to burnout. I then have them identify work stressors and talk about what to do when they don't have control. I have everyone in the class determine a phrase they will say to themselves when

they are starting to stress themselves out about something over which they have no control i.e. "I have done everything I can" or "Oh Well" or "This shall pass." This is a form of thought stopping that helps them keep stress in check.

Connection

Human connection is important to stress control. Who is your life do you connect with? Do you have someone to occasionally lean on or a shoulder to cry on? Do you have someone who will give you a kick in the pants when needed? Do you have someone you can think out loud with or exchange ideas? Do you have someone to just hang out with?

If you don't have some of these connections in your life you are more vulnerable to stress. Start or keep reaching out to people. As Steven Covey advises, start filling other people's emotional bank account. You can do this by giving a compliment, showing interest by asking questions and listening. You make and maintain connection through calls, cards, letters and e-mails. These actions all increase your connection to others.

Challenge, Optimism vs. Pessimism

People who view work as a challenge handle stress better. An optimistic and hopeful attitude is a factor in hardiness (resistance to stress). Martin Seligman, author of Learned Optimism, believes optimistic people have better health, higher self esteem and more persistence than pessimistic people. Pessimism on the other hand results in lowered productivity, health and self esteem. Pessimistic people tend to become over stressed and exhausted when dealing with life's downturns.

For instance, if you find yourself continually believing that life is always unfair to you, you are adding to your own stress. However, if you believe that on occasion, someone has been unfair, and that you will learn from it and move on, you will handle stress better.

To combat a self defeating, pessimistic style, examine your thinking or how you explain things to yourself. When you are feeling cynical and pessimistic because you believe that life is always unfair to you and people are always out to get you, ask yourself: "What other alternatives are there?" "What evidence shows my beliefs are correct?" "What are the implications of the event?" "What is the usefulness of this thinking?"

So if you believe you are burning or stressing out, first check to see what you can control? Ask for what you need or want. Makes changes you can. Take care of yourself physically. Learn to set boundaries or limits. Manage your time. Maintain or build your support system-connect with people in your life that you like and respect. Examine your thinking by checking whether you take an optimistic, hopeful view or do tend to be more pessimistic and cynical?

Cathy Bolger, PhD is a consultant specializing in leadership and communication.



WOMEN'S BARS & CLUBS

LOS ANGELES

JEWEL'S CATCH ONE- LA

4067 Pico Bl.
(213) 734-8849
huge dance club, mixed gays & lesbians, call for women's nights

BLUEBAR @ COBALT CANTINA

616 N. Robertson Blvd.
(310) 659-8691 (Happy Hour)

DOLPHIN - Redondo

995 Artesia Blvd.
(310) 318-3339

DREAMS - Silverlake - Sundays

1717 Silverlake Blvd.
(800) 574-5025

EL CAPITAN- Hawthorne

13825 S. Hawthorne Bl.
(310) 675-3436
mixed neighborhood pub, gays & some lesbians

ENCOUNTERS - Pasadena

203 N. Sierra Madre
(818) 792-3735
Mixed club with gays & lesbians

ESCAPADES - North Hollywood

10437 Burbank Blvd.
(818) 508-7008
Neighborhood club for gays & lesbians

GIRL BAR at AXIS- Fridays

652 North La Peer
(213) 460-2531
Huge dance party, with DJ Terri Lutton, hot Go Go's, several bars, pool table, and big fun. Opens at 9pm
www.girlbar.com

GIRL BAR & FRIENDS AT THE LOVE LOUNGE- Saturdays

657 North Robertson
(213) 460-2531
Dance club, featuring live bands on most Saturdays, DJ Donna Montel, valet parking. Features quieter lounge area with pool table in back, opens at 9pm.
www.girlbar.com

INCOGNITO - Reseda

7026 Reseda Blvd.
(818) 996-2976

MICHELLE'S XXX- @ Club 7969 Tuesdays

7969 Santa Monica Bl.
(213) 654-0280
Women's dance/strip club. Dress code enforced. Get's going after 11:30pm

OXWOOD INN - Van Nuys

13713 Oxnard St.
(818) 997-9666
Neighborhood club, fireplace, nice mix of

women, casual atmosphere

PALMS, THE

8572 Santa Monica Bl.
(310) 652-6188
Somethings always going on at The Palms, open 7 days a week, DJ, dancing, friendly staff, pool table. Located in the heart of West Hollywood. Drink specials on Wed. & Thurs. Sunday beer busts, lots of theme party's & live entertainment

PLUSH PONY

5261 Alhambra Ave. - El Sereno
(213) 224-9488
Friendly neighborhood bar, beer & wine

RED HEAD BAR, THE

2218 E. First St.
(213) 263-2995
Neighborhood bar with diverse mix of women

RUMORS - North Hollywood

10622 Magnolia Blvd.
(818) 506-9651
Friendly lesbian neighborhood bar

SALSA CON CLASE-

At RUDOLPH'S - S. L.
first, third & last Saturday of each month
2500 Riverside Dr.
Hotline (818) 576-0720
Best Salsa, Merengue, Cumbia & Latin House, 10,000 watt sound system, large outdoor patio. Live Salsa Bands & Hot DJ's.

SUGAR SHACK - El Monte

4101 N. Arden Drive
(818) 575-9534

3772, THE - Pasadena

3772 E. Foothill Bl.
(818) 578-9359
Causal, friendly lesbian bar. Features lots of live music, dancing, and fun. See band dates.

LONG BEACH

CLUB BROADWAY - L.B.

3348 Broadway
(562) 438-7700
Popular neighborhood bar, special events, pool table.

EXECUTIVE SUITE- L.B. - new owners

3428 E. P.C.H.
(562) 597-3884
Lots of special nights, call for info.

QUE SERA- L.B.

1923 E. 7th St.
(562) 599-6170
Popular mixed/alternative club open 7 days a week, lots of live entertainment, pool table, friendly staff, special events & fundraisers, and much more

ORANGE COUNTY

HAPPY HOUR

12081 Garden Grove Bl.
(714) 537-9079
Lesbian club, open 7 days a week, casual atmosphere, busy on weekends

LION'S DEN - Saturdays - Costa Mesa

719 West 19th
(714) 645-3830
Ladies night on Saturdays - Bev's

OZZ - Sundays & Wednesdays -

Buena Park
6231 Manchester Blvd.
(714) 522-1542
Restaurant & dance club, Country Western, mixed with gays & lesbians, Primarily women on Sun. & Wed.

PALM SPRINGS

CHOICES NIGHTCLUB

68-352 Perez
(619) 321-1145
Mainly gays with some lesbians, live entertainment

SAN DIEGO

CLUB BOMBAY

3175 India St.
(619) 296-6789
Lesbian club, some live entertainment

FLAME, THE

3780 Park Bl.
(619) 295-4163
Lesbian dance club, pool tables, friendly staff, lots of nightly special events, some live ent.

SAN FRANCISCO & BAY AREA

CLUB SKIRTS/MT PRODUCTIONS

San Francisco (415) 337-4962
Special events - call for information
www.girlspot.com

G-SPOT - 278 11th St. @ Folsom

San Francisco (415) 337-4962
Dance club for women every Saturday night

COUNTRY NIGHTS - Oakland - Every Friday

3903 Broadway/40th St 510-428-2144
Country music, lessons 7:30-8:30pm cover \$10

CLUB SALSA - El Cerrito - 2nd Saturday

6401 Stockton 510-428-2144
Monthly Latin Club, lessons 7:30 - 8pm cover \$10

SAVOY - San Jose

3546 Flora Vista Ave.
(408) 247-7109

POETRY -

For Women

by Women

UNTITLED

Where are you? What are you doing?
I've given so much and lost
but I'm ready to give again, but
Where are you? What are you doing?

I want to love and give
I'm ready to be loved, but
Where are you? What are you doing?

I want to trust
I want to share
I'm ready for you, but
Where are you? What are you doing?

I want to smell you
I want to hold you
I want to caress you, but
Where are you? What are you doing?

I'm not afraid to give my love
I'm just afraid nobody wants it
You've got to be out there, but
Where are YOU? What are you doing?

You have to exist
I want to please you
I want to be pleased, but
Where are you? What are you doing?

I want to share my existence
with just One soul.
I long for you!, but

WHERE ARE YOU?!

WHAT ARE YOU DOING?!

MONICA

"Mmmm Hmmm"

*It comes across the scratchy line
A crackling, electronic passageway
For miles it has traveled
Smashed into electric particles
And formed here on my end
Placed in to the plastic receptacle
Rolling round and round
Squeezing out the tiny holes
To make the words
The words that cause
My insides to crackle with electricity
Sending electric particles through me
Leaving me weak from words in the wire*

Vanilla Almond

*I have a song at the end of my fingers
It is for her and for me. It is of a dance we do.
She sort of has a taste of my passion for her,
and I am certain she is flattered.
Sometimes I take in secret visions of her while she isn't looking.
Sometimes, when she is very close to me
I take in secret inhalations of sweet, vanilla, and musk.
It really drives me wild,
and I have to put on invisible
restraints so that I don't undress her.
But I already know what she looks like.
She is smooth and delicate and gracious,
and she could stare me into the ground.
Her "NO" would seal the lid on my heart shaped coffin
if I allowed it.
I take honey with my tea.
Sometimes I let the honey trickle down my throat
and I say "That must be what a kiss from her would taste like",
and I wait for what seems like hours
before I swallow her.*

ARREE

I look to the east

*The day awakes and I look east
--Is she looking back?
--Is she smiling that knowing smile?
The one that I can't wait to see
The one that hints of desire.*

*The day drifts to night and I look east
--Will she write once more?
--Will she say those words?
The ones that I can't wait to hear
The ones that speak of passion.*

*Another day gone, me here, her there
--Looking for days to share
--Writing thoughts that grow deeper
Desire, passion, a raging fire
Building cross the miles.*

*I look to the east
where my heart now lies.*

Alexis

STORM OF MY DREAM

*You are the thunder I feel in my veins
as I sleep,
your storm in my dreams remains
The wind in my soul feels you gather tight
The rain in sheets as you cleanse my sight*

*Powerful bursts of lust do appear
In my sleep where you are constantly near
As ever present longing that I feel
I ache to awake and find you are real*

*It is enough that when I awake
I feel the tremors of my body's quake
The places that stay so very warm
So recently felt your gentle form*

*Feeling your searching touch
I should not dream of this so much
But, oh, how real it seems
To have you there,
and how my body screams*

*None of this may ever be
The thunder of a storm soon will see
Another day to vent its wrath and weep
Take a dream and find my path
in your sleep*

Traci L. Scheller

STAY HERE ALWAYS - WE'LL NEVER AWAKEN

*Swimming in the shallows, splashing and laughing
Racing with her face facing mine, and smiling at me
Smiling FOR me -
Graceful and gentle as a dolphin with legs
like a flying doe as she floats.
Creased shades surround twinkling eyes
that stare*

*At me in my shorts - uninhibited and unafraid
I'm apprehensive, like if I approach
her slippery form
And touch her golden skin
Or if I ask why she smiles for me,
She would disappear like the bubbles
we create as we splash
In the shallows, enjoying the sun and
each other.*

*So I say nothing with my eyes glued
to her beauty
Trying to understand why she
honors me
Golden liquid leather flows around her
dazzling smile
And her fresh water blue eyes shine
with delight
when I smile back
Without reaching to touch her, for that
would show doubt
And I have none - I float buoyant
in the knowledge that
She is here for ME, and that I please her.
Don't let me wake up. I want to remain
where I am loved.*

d. marshall

HER HEART

I am left
struggling
with these feelings
and my strength fades me,
motivation wanes
and I am left
tangled
in a self imposed web.
Dizzy...
Disoriented...
Priorities become blurred
and
I vaguely recognize
a tear-stained
heart...
Cracked, rocking its pieces
back together,
slowly mending
deeply hurting
A heart belonging to her.

Ngina '97

UNTITLED

Soft, so soft your skin
smooth and full beneath my lips.
Gently curving
leading me towards lushness more beautiful
than dreams could ever dare.

Eyes smoky with passion,
Smiles playing around your mouth.

Your moans like music to my eager ears

For your pleasure is my pleasure
and happily I could die,
cradled within your body

You are my heaven.

by smoky player

You - Me

*You are too easy on my eyes
and my eyes are the windows of my soul
and my soul is very precious to me.*

*So if I turn away,
it is only because I find myself starting to get lost in you.*

*Please be gentle and patient with me.
For the more I get to know you, the safer I will feel.
The safer I feel with you, the more you will become a part of me and me of you.*

*Then one day our bodies will melt into a final sea of passion and ecstasy;
unleashing our souls, setting them free
and you and I will become one.*

-KRZ

2nd poem by
1st Place Winner

TATTOO

Artist's ink
passed once along the place
my fingers trace.

Here,
flowing with the feminine curve
of your back.

I envy the design dyed into your flesh.

Forever a part of you
Forever a part of your body
A union not even death will destroy

How mere I am
How limited my time
in comparison.

Catherine "RG" Padilla

Unconditional Surrender

Looking into my eyes
you can see the unconditional
surrender of my body,
without a word
on my behalf.

Your words
driving me insane,
your touch
taking me to another level.
Not knowing if i'll be able
to take anymore.

You lay me down
slowly caressing, licking, and kissing
my body,
every inch of it,
while i lay there
my breathing...deep,
my body...writhing
with pleasure.

You take my body
to another world,
another plain of existence.

My mouth only able
to express myself
with breathless moans.

I can't even begin
to explain this feeling,
it's incredible,
unreal.

You drive me crazy
by torturing my body
but still,
you leave me begging for more.

My hands
run down you,
feeling the shape and curves
of your body.

Tears come to my eyes
as i close them
I'm overcome
with intense pleasure,
physical and emotional.
And just think
one day...
this will all be real

Elisabeth Muramoto

Dreaming

Awake, yet I am dreaming of your love.
Through time and space I feel your love,
your caresses.

I can see you through space.

I can see and feel every part of you.

I know you feel me as I do you.

I am there with you, holding and loving you
through space.

With our minds connected
we love each other.

Our bodies, our minds and our souls are
connected through time and space.

Am I awake and dreaming of loving you

Or am I truly loving you
through time and space.

Chez NOLVSLR@aol

POETRY – For Women by Women

Untitled

Do I want more than me
(Am I ready)
Is there something other
Than this prodding quest.
Are there feelings I seek
Emotions burning
I do not know

Close my eyes I see me
I want to feel you like me
Whispers and softness
I awake and you are there
And smell your hair as it lingers
I want to touch you
To feel you everywhere

C.L. Wilson

Untitled

She is my lover
salvation in a glimpse
awakened perfectly
with her lips
put to sleep with a trance
she feeds me, she soothes me
I have no end
I am tied to her skin
creating movement within.
She is my lover.

A. King

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Diana.

Her body is my place of worship
Her mind, my open book
Her face is a masterpiece
Her soul, my destiny
Her eyes are my inspiration,
Her voice, my Siren's call
Her desire is my fulfillment
Her heart, my Shangri-La
Her arms, the place where I begin
And all my journey's end...

Miranda Hathaway

ONCE

but for death
there is a silence
only once in life I'll hear
unpreserving the peace
calling all refugees
from love relief
a first breath
swallows the sound
of my crashing
vanity room mirror
and blow by gentle blow
as wind may sometimes
with a source and course
the all seeing eye must know
a thunderous silence
shallows a promise
to live a life alone
flying
I am finally free
without one word
to wonder this deed
only angelic in thought
beside an angel in form
hearing two
become
one.

J. Herlihy

Untitled

*I almost fell asleep upon your shoulder
Standing there, in the kitchen
One with you in the darkness of the night
Crazy, trembling body quieted by your strokes
Your kisses soft upon my neck,
My lips not wanting to leave, ever
Stranded in the stillness of the moment
Captive to your touch, your embrace, your love.*

M.E. Cook

Tender Mercy

Your face glowed soft and alluring through the
candle's flickering flame.
If passion should bring us together
neither of us would be to blame.

I have secretly longed to caress your body
and taste your skin so sweet.
You must have sensed my cravings
for now I can feel your body's heat.

Your skin is so soft and seductive
it enwraps me as smooth as silk.
Your body so warm and creamy
it's as soothing as hot chocolate milk.

Your lips so firm yet tender;
your hands with fingers so slender,
bring me to pleasures
I've never experienced before.

You do me with deep devotion;
moving me with every motion;
leaving me breathless
yet hungry for more.

I can't remember a time or place
that I've ever felt this good.
You've touched me deep inside myself,
more than I thought anyone ever again could.

K. Zaborowski

To Be Forever

I have seen history change.
New life has formed
before my very eyes
I go out at night,
to feed the hunger
that lies deep within my soul.
I will come into you in the night,
unseen, un-heard.
The wine which you drink
will be the life of another woman.
Are you willing to surrender thy self
...to me.
To survive... is to be forever.

M. McCallister

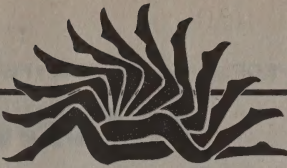
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Each day I check my lunar stars
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with hopes of some romantic date

My sun says Love wanes near
five stars that seal this fate
while crimson cheeks and heated heart
dart up then down to seek

Whenever shall the day appear
when galaxies collide
to bring to me my destiny
The One, The Match
the secret love I hide

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GIRLS SUCK

...and other observations

by Holly Heaven

Greetings and High-Sign from Girls Suck Central. The topic today will be women who are High-Maintenance emotional and Low-Maintenance emotional and how to choose which one's right for you. But before I begin; remember girls, I am only a hypnotherapist, singer, writer and occasional artist when the mood strikes me (can't dance...don't ask me). Nowhere in this list do you see licensed counselor. So, what I say has no therapeutic value what so ever...don't listen to me...cover your eyes...put down the paper!!! Just kidding. My job is to make you think, tick you off a little, and simply use this article as a vehicle to expound on my sick and twisted views on love, women and the world at large.

Okay, back to the issue at hand. High maintenance emotional and low maintenance emotional [heretofore known as High-Maint & Low-Maint] has to do with how much emotion you're insignificant other requires to make her believe, and why shouldn't she, that you really care.

Let's start with Low-Maint. The Low-Maint is the more rare of the lesbian species and will require more explanation. Low-Maint is the woman who played "hard to get" from the very start. She really didn't appear interested in the first place and you'd almost think she's with you just because she's bored and has nothing better to do. This is the woman who responds to "I love you" with "...yeah, I know." Now you might wonder what type of woman should go for a Low-Maint. Here's a couple of types to give you an idea:

--**Any woman with the Girls Suck Syndrome [GSS]** - For the un-enlightened, this is a woman who has been burned so bad she is still washing the smell of smoke out of her hair. If you're a lesbian with GSS you're probably to gun shy to do anything right in the romance department anyway. A Low-Maint won't expect much and will keep you from dating and damaging other women for life.

--**The "project" lesbian** - this is the lesbian who has a lot of "projects" going at the same time. Projects can range from gardening and being a member of a weekly bird watching club to the multi-hobbies/workaholic. No matter what the level, the "project" lesbian has too much going on to be distracted by being stupid-in-love. A Low-Maint will eliminate those awkward times when you tell her you'd rather go play softball than spend the day with her. The Low-Maint will be thrilled to have time alone.

Get the picture? Now, you need to know that if you are one of these types, it helps if you're not totally infatuated with a Low-Maint. Love is not the goal. She should NOT rock your world. If that were the case you'd just follow her around like a Cocker Spaniel, she'd get irritated and dump you. The idea is to be comfortably interested in a Low-Maint for the relationship to work for you [and that's all that matters isn't it?].

To a lot of you this might sound like a loveless, passionless relationship based solely on the most basic levels of companionship and enough communication to keep a person from being lonely. So, what's the problem? Gee....sounds like a long term relationship to me!

Here are some of the advantages of a Low-Maint woman:

- If you have trouble saying "I love you" good! She has trouble hearing it.
- She isn't into commitment so you save money on a ring.
- She won't fly into a rage or get upset when you want to go out alone...for days at a time.

What are the pitfalls? Usually, a woman who is low maintenance emotionally is also high maintenance financially. You get to show you care through your wallet. So get a good job or make sure she's not into brand names. Finally, if you end up breaking up with your Low-Maint you can usually stay friends. That is if she hasn't max'd your charge cards first.

Now...on to High-Maint. Remember that we're talking emotional here. The High-Maint is the most commonly found lesbian. This is the woman who looked into your eyes after knowing you for two hours and said "I could fall in love with someone like you..." Yikes!

A High-Maint needs to hear "I love you" moment by moment. Since I still have GSS to a large degree [I'm not just the president, I'm also a client!] I can't come up with any specific type of woman who could benefit from a High-Maint girlfriend. It's just too distracting. But the injured romantic in me can sure see why you'd want one IF...and I repeat...ONLY IF the feeling is mutual. If the feeling is not mutual then they call a High-Maint a STALKER!

Here's some signs that your girlfriend is High-Maint:

- You have to say "I love you" every morning or she'll think there's something wrong and want to "talk".
- She's so into you that you don't need to send flowers. In fact...if you draw her a rose using a pink highlighter on a post-it note and give it to her with enough flourish she'll keep the damn thing for years! And she'll tell friends how thoughtful you are.
- She like's to touch you A LOT!
- She thinks it's cute when you burp.

Hey, sounds great right! What's the down side then?

- If you want to go anywhere without her you have to ask permission. Just telling her will result in anything from the pouty face to leaving your stuff on the front stoop because..."if you don't want to spend all your waking hours with me maybe we should just break up so you can have your space!". Ouch!
- If you like doing anything alone...give that thing up immediately or get used to doing it with her.
- Eventually the shine will fade and you'll get pretty damn tired of that cutesy friggin' name she calls you all the time.

Regarding the break-up thing. Don't count on being friends with a High-Maint afterward. No matter what, you will always be the bitch that broke her heart, caused her to get the Girls Suck Syndrome and spend all her free time e-mailing me for advice.

Now for the scary part. You may think you know what you want, or even what you have now. But beware that your Low-Maint may be a High-Maint in disguise or vice-versa! Yes, you may now scream in horror. Bottom line? Girls Suck. You're not going to figure them out, and just when you think you know what you want you catch sight of something shiny out of the corner of your eye...oh, look...is that a quarter?

High-Sign,

I gotta' go.

STARTING AN EXERCISE PROGRAM

by Dianne Aaronson,

If you've decided that it's time to get serious and begin some sort of general exercise program, there are some initial steps you must complete before starting an actual routine.

DEFINING GOALS

First off, you must be able to distinguish between short- and long-term goals. If your fantasy is to lose 50 pounds of fat and/or gain 10 pounds of lean muscle, then put this goal into perspective: it's NOT something that's going to happen overnight. This particular kind of goal is a long-term goal. A short-term goal might be to lose five pounds this month and/or gain a pound of muscle.

Your ability to discern between the two can make or break your program and determine how successful you ultimately are. Be realistic in your expectations. This will enable you to keep your enthusiasm high and avoid disappointment and burnout.

Second, what are you hoping to accomplish at the gym? Are you interested in losing body fat? Firming and toning? Building muscle and getting stronger? Increasing endurance? Complementing your primary sport? Rehabilitating yourself after an injury or illness? It is crucial that you (and your trainer, if you have one) are clear on your desires here, because each of these goals require a slightly different approach.

Complementing a primary sport, for example, may require focusing on particular muscle groups (and perhaps working differently with other ones) or emphasizing a specific type of cardiovascular cross-training. Individuals recovering from an injury must also modify standard workout routines to avoid stress to the afflicted areas, while building up strength in the surrounding areas for added protection.

If you're recovering from a major illness, you must be aware of your limitations — what exercises will be beneficial and which ones to avoid. Don't let physical limitations discourage you. Physical activity, if done correctly, can get you back on your feet much quicker than hanging around the house watching TV.

In addition, if what you're striving for is increased stamina, you must understand that long-term endurance and/or fat loss necessitates an emphasis on cardiovascular exercise (i.e., running, walking, biking, rowing, step climbing, aerobicing, etc.), and less on weight training. Conversely, if you are hell-bent on building muscle, you may want to limit your cardio and concentrate heavily on the strength training instead.

COMMON GUIDELINES

1) **ALL MUSCLE GROUPS SHOULD BE ADDRESSED.** The only exception to this rule would be for an individual recovering from an injury. It is important to strive for symmetry; this is not about "looking good" either, though a balanced body does look better. The body is held together by various muscles and it works like a suspension bridge. If there is more tension on one area than another, the structure goes awry. If certain muscles are ignored, they will become slack, inviting injury.

2) In keeping with the suspension bridge image, **FLEXIBILITY TRAINING IS EXTREMELY IMPORTANT.** Stretching not only pulls the muscles back to their original length and elasticity (providing better range of motion and saving wear and tear on the joints), but it also relieves tension and allows blood and nutrients to flow more easily through the muscle fibers, clearing out waste products as well.

3) **STRIVE FOR CONSISTENCY.** Life is one big pulse, whether you're talking about brain waves, heart beat or ocean currents, and the body responds best to rhythm. Therefore, even if you can only show up at the gym a couple of times a week, be consistent. Going on a rampage and working out five times one week and only once the next two will only serve to confuse, and even harm, the body.

4) **STRIVE FOR MODERATION.** This guideline is similar to the consistency rule. It is better to pick a rhythm that you can adhere to than to do too much too soon and burn out. This does not mean that you can't push yourself. Just keep a steady pace. If you're someone who's decided that you're "finally going to get in shape" and are pretty gung ho about it, you may feel that you're being held back — forced to go slower than you'd like. Please keep in mind that your ultimate goal is to get in shape and **STAY THERE.** Don't undermine yourself with too much initial fervor, or you'll wind up right back where you started.

5) **PERFECT YOUR TECHNIQUE.** If you are weight training, please understand that good technique will serve you better than haphazard form. Don't lose form just so you can lift a few extra pounds, because you won't be shaping your muscles properly and therefore, won't get "that look." More importantly, poor form equals probable injury, then or somewhere down the line.

6) **EDUCATE YOURSELF IN ALL AREAS.** Know what you're getting into. If you can afford a trainer, get one. You'll receive knowledge from her that you'll get to keep for the rest of your life. If you cannot afford one, read a lot of magazines and other literature, and ask questions of friends and gym members who look like they have what you want. Observe and compare exercise techniques of different individuals. Educate yourself about nutrition and fluid intake. Ultimately, find one source that you can trust — there is a lot of conflicting information out there.

7) **LISTEN TO YOUR BODY.** In the end, it all comes down to just one person: you. If something doesn't feel right, don't do it, even if it is your trainer making the suggestion. Everyone is different, and there are subtle variations of response. It's okay to experiment, as long as you proceed with caution. Keep an open mind and a playful spirit. Yes, this is serious stuff, but you're supposed to have fun, too.

(Dianne Aaronson holds a Masters Degree in Holistic Health, is a personal trainer certified with the American College of Sports Medicine and a nationally certified massage therapist who has been in the health field for 15 years. She has recently moved to the Los Angeles area from San Francisco and can be reached at (800) 709-6566 for consultations.)



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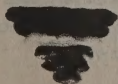


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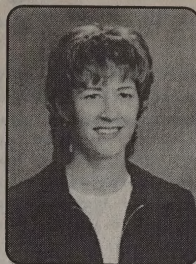
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Astro-a-Go-Go by Noelani Rodriguez

In General

Traditionally, Saturn, the planet of challenges, in Aries, the sign of war, has revisited the theme of colliding nations every 29 years for as long as one can remember, in this country's history anyway. Luckily, all the planets in evolved Aquarius and Pisces mean that most of us are rooting for all of humanity, rather than just lower gas prices. A concerted effort on the part of a lot of us to pray and meditate will raise the consciousness of the planet, and protect us from harm. Lucky Jupiter in particular is visiting Pisces, the sign of compassion, for a whole year starting in February, so there is plenty of love and patience to temper the insanity of Sadistic Saddam and Naughty Bill Clinton, who incidentally, my mother calls the Unibanger.

Aries

Surely you have always had compassion, but people really notice now with the Sun and expansive Jupiter in compassionate Pisces. Pisces also creates a good kind of solitude that has you contemplating the spiritual fuel that helps that red Corvette called your life. This month, gas it up and go, Aries, go. Visit a spiritual retreat place like Runyan Canyon or Self Realization Fellowship.

Taurus

Have you been acting tweaky? Uranus, the planet of revolutionary upheaval, is testing your sign for the next few years, and that can only be good, just weird. No one thinks you're the same old you, but that's ok. Uranus indicates new jobs, new philosophies and not least, new homes. You aren't doing that U-Haul thing are you? Probably not, Uranus is about among other things, independence.

Gemini

Gemini women, especially the ones born early in the sign, have transformational Pluto affecting their sign for the next few years. Planet Pluto, and Scorpio, the sign associated with it is one of two astrological influences that are linked with depression, but results are good; new self acceptance and self confidence. Sun and Jupiter in Pisces affecting your sign can lead to good natured drinking, but go easy on the sauce.

Cancer

Cancer this month is enjoying the Sun and Jupiter in complimentary Pisces, the sign of compassion and spiritual bonding. Cancer's maternal love that extends to her friends and loved ones is a perfect blend for Pisces' broad compassion for the world. Enjoy the inspiration of love that this month affords, loving and nurturing are Goddess gifts. Cancer is already hip.

Leo

Leos for the next few years have an unexpected visit from Uranus, the planet of upheavals, making changes in their lives. One day the lion is in the palace, the next day she is gone on a surprise junket with Tibetan monks. Oh yeah, that's the other thing, Uranus and other evolved planets have you expanding your horizons past the material world. Expansive Jupiter in spiritual Pisces awakens. Ohm.

Virgo

Virgo women have big plans, even though they tend to be smallish in size. (Picture Alanis Morissette for the Virgo visual). Jumpy Jupiter in opposite Pisces makes Virgo squirm...I need a bigger place. Jupiter creates the urge to move and expand for a whole year. It also causes career restlessness, which in Pisces might make you want a creative, humanistic career. Hospital down?

Libra

Goal oriented Saturn has been affecting Librans for a year and it will until the year 2000. Librans have been more serious than usual, but the influence of Jupiter entering Pisces for a year, along with the Sun in Pisces for a month give Libra a break. What's it all mean anyway? Spiritual balances the material to make sure that you are having fun, loving people, and not just dying with the most toys.

Scorpio

Scorpio, the Goddess of Pluto, is enjoying all this compassionate Pisces stuff in the sky right now. Scorpio is already talented at bonding and loving mightily. Pluto is the realm of the unconscious, and Scorpio loves in that deep and dark way. This month her talents bond with Pisces compassion to empower her for expressing her passion. Someone bring me some water...

Sagittarius

Just because tumultuous Pluto and upheaving Uranus are shaking and quaking your sign, doesn't mean you haven't been having fun too in this time of great change that affects you the next few years. However there are pauses to take along the way, and this month is one of them. March gives us Sun in Pisces, and your Jupiter ruler in Pisces as well means spiritual solitude and introspection. Hello?

Capricorn

Capricorns may be crabby on and off with the Saturn in Aries agitation, but they are ever improving, and there's a streak of luck as Jupiter, the planet of fortune, moves into creative and compassionate Pisces. Capries will especially feel the benefic effects this year, especially in the area of art, movies, music, trends, and anything that affects the whole. You become a channel for creativity. Lucky you.

Aquarius

Devo must have been inspired by Aquarius energy, the oddness, the severity, the futuristic sensibility of it all. Aquarius women are awesome inventors and for the next few years Inventive Uranus, Expansive Jupiter and other good influences are inspiring you in the fields of visual art, futuristic technology, and doubly, the world of music. Hone your musical talent. Are we not women?

Pisces

Pisces is enjoying the Jubilant arrival of Jupiter, the lucky, happy big planet. All of us are affected, although you are more so, and we all learn your lessons, that we are nothing if not part of the whole. That's why your sign is reputed to be the most evolved, and the most imaginative. You channel beautifully the needs and wishes for the planet, and are artistic as a result. You do it so well.

When Noelani Rodriguez is not flirting, she is writing the astrology column. E-mail her at PrttyThts@aol.com.

PANDORA'S BOX By Dian Katz, M.S.

THE BIG "SQUEEZE"

You know how they are always saying, "You're not getting older, you're getting better." Well, if that's true, why are they constantly devising new and improved barbaric tests to see how fast we're going downhill? Recently, an incident occurred introducing me to an experience that only applies to females. Case in point: My first MAMMOGRAM!

It all began in the doctor's office when I was instructed to have a mammogram. They told me it was for baseline data for later use when I had to have them annually. My first thought was, ohmygosh.....it's beginning. The endless downhill escalator of embarrassing and humiliating tests women must endure. Well, I'll just march in with my chest held high and see what develops. Let me tell you, it was not a 'titillating' experience.

As I entered the office, my doctor was writing cryptic things in my chart as the nurse completed the mammogram request. I decided I would respond in a positive manner. I figured, most likely, patients were not thrilled with this procedure. However, I would show the nurse and doctor I could put my breast foot forward. Yes, I will make their day. "Sooooo," I said in an elated voice, "my first mammogram, how exciting!!!!" I paused, waiting for some big smiles or at least a few chuckles. Dead silence! They continued to fill out their forms. Neither of them even looked up. I continued, in a much louder voice, "a err a...that was a joke." They glanced up, with something akin to a grunt, and continued their writing. Alright I thought, I will have to be excited about my first mammogram all by myself. Hmmp!!

I made the appointment and showed up at the lab two weeks later. Some say that the most courageous thing a woman can do is make an appointment for one of these things and ACTUALLY show up. Well, show up I did. I was feeling a bit anxious as I sat in the waiting room because no one had told me how to prepare for this unusual experience. When finally I was summoned into this strange room crammed with huge white appliances, the nurse asked me to strip down to my waist. She left two thingies for me to apply to my what....? Hey, I'm not Gypsy Rose you know? I had no idea what these little stick on's were supposed to do. After I stripped, (geeeeeee it was freezing in there) I removed the backings from the stickies and stuck them on my icy little projections. Suddenly, I was a topless dancer in a night club, anxiously waiting back stage with twirly thingies on my breasts. In actuality, these little sticky dots on my boobs made me feel like a bigger boob.

When the x-ray tech returned, there I was half-naked with those silly things stuck on my breasts. Once again, I decided to confess that this was my first mammogram!!! Would you believe it - the same response. No enthusiasm here. No siree Bob. I guess if I had this job day in and day out, squashing boobs between plates of glass, I might not be very enthusiastic either. "Place your left breast on the plate please," she ordered. What? On that cold thing??? Couldn't you warm it up, puleeze? I tried to prop up the little that I had and thought to myself, "Come on, come on...just snap the darn picture and I'm out of here." But noooooo. She continues, "oh miss, good, perfect, now don't move," and then turns on the torture machine which maniacally starts to squeeze, smash, pulverize and tweak that poor little helpless thing lying on that cold plate!! Hey....What the hell is this all about? This fiend did not stop there but continued smashing, squeezing, squashing one side and the other while dashing behind a screen with each shot. Unbelievable!!!! They certainly don't give you prior warning, do they? I told her this reminded me of my last dentist's visit and she gazed at me as if I had lost it and muttered, "Huh?"

Well, I'm glad that experience is over.... until next time. As women, we have so many things to endure, like PAP SMEARS!!! This is just one more procedure where I don't understand why they can't warm up those darn instruments. And those stirrups!!! Can we talk? Every time I slip my feet into them, I want to get a cowboy hat and lasso. Yeehaa!! Who would want a job like this? What were they thinking??? I guess I won't go there.

It is also very difficult to talk to your Gynecologist when you aren't "out" yet. All of those questions. "Are you pregnant?" Ah, not exactly, unless you believe in immaculate conception. "Are you using birth control?" Well, er, ah, um. "Is your form of birth control, condoms?" Um, do finger cots count? I mean, these questions can really make you cringe. Perhaps coming out is easier, then they would have to think up new and humiliating questions to ask. Well girls, I guess we must accept the fact that these things are here and must be endured.

In all seriousness, thank God that in this day and age, we do have these procedures. They have saved thousands of precious lives. These methods make it possible to detect problems early. They are designed to protect us all. I truly believe in them and feel they definitely make a difference. The benefits of female check-ups long outweigh the brief discomfort and perhaps embarrassment you might experience. So, don't put off taking the tests you need, they may save your life.

If you have any comments to share, E-mail me at Galdrumer@aol.com.

Dian Katz has a Master's in Marriage, Family, Child Counseling, is author of the book:
Love Hurts: A Spiritual Journey to Wholeness and is a college instructor.

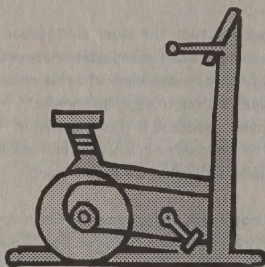
Biking 101 - Part 5

The El Nino Blues

by Sara Thomas

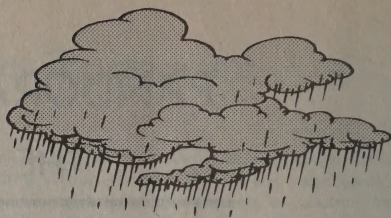
As I watch the hills around my house slowly erode into a muddy soup...I decided that maybe this month wouldn't be the best time to start planning out the different rides you can go on around Southern California. El Nino has certainly put a damper on my riding plans, however there is no reason to stop riding altogether just because of a little bad weather. You can create your own in-house gym using your road bike and a few accessories for very little cost.

Many people don't realize that you can create your own LifeCycle simply by attaching your bike to a "trainer." Trainers are devices that attach either to the back or front fork of your bike to elevate it off the ground for riding indoors. Competitive cyclists often bring their trainers to races so that they can warm up while still remaining close to the race site. The best reason for using a trainer for indoor riding is that you can simulate your outdoor riding position since you are using your same bike. Therefore you can avoid the constant re-adjustment process of gym LifeCycles and just hop on and go.



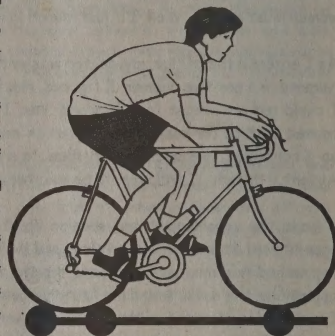
Rear Fork Trainers

Popular rear fork trainer brands are Minoura and Blackburn and you can purchase one at any bike shop. Retail price usually ranges between \$60 and \$80. There are also two types of resistance options you can purchase that simulate either riding in the wind or uphill. Fans are the least expensive (and older) resistance technology. The fans are situated near the back of the wheel and turn along with the wheel to create wind resistance. Mag resistance units create a stronger drag effect by using a magnet that pulls on the wheel as it turns. They are also adjustable so that you can simulate either a very steep hill or a more gradual incline. Some units have a resistance lever that attaches to your handlebars so that you don't even need to get off the bike to change the difficulty level. In addition, since you are using your own road bike with gears, you can always shift to vary your workout just like when you are out on the road.



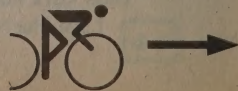
Rollers

If you want to truly simulate a road ride, you should invest in a set of rollers. Rollers consist of three cylinders that are attached to a metal frame—two in the back and one in the front. Basically, your bike simply balances on the rollers just as if you were out on a flat road. The back wheel of your bike rests on the two rear rollers while the front tire rests on the front roller. Most sets are foldable for easy transport as well.



Riding a set of rollers is very difficult at first because you are essentially balancing on cylinders that are approximately 4 inches in diameter and maybe a foot long. A company called Kreitler has a large selection of to choose from and you can check out their product line on their website: www.kreitler.com. My rollers come from Performance Bike Shop. Typically they are more expensive than the rear fork trainers. Plan to spend between \$100 to \$200 for a complete setup.

Most people start out using their rollers in a doorway so that they can hang on if they drift off the cylinders (or fall into the sides of the doorway—which is more likely!) When I first got on a set, I was too terrified to take my hands off the doorway walls for the first 20 minutes. Then once I did, I rode right off onto my living room floor! Once you get the hang of it, though, it is a really great workout because you develop not only your cardiovascular fitness but you also enhance your riding skills and balance techniques. If you feel lazy and don't want to concentrate on staying balanced, you can purchase a front fork stabilizer for most rollers (Performance makes one) that allows you to simply pop off your front wheel and attach your fork to the rollers. Just like with rear fork trainers, you can also purchase fans or mag units for rollers.



CompuTrainers

The trainers of the 90's are very complex systems that may be a little much for the average Southern Californian who has only 2 or 3 months of bad weather. They are targeted more for the East Coast crowd who has maybe 2 or 3 months of GOOD weather to deal with. These trainers hook up to your computer and allow you to plot out your course ahead of time. Once your program is set up, you have fully computerized images of a road in front of you (and fellow cyclists if you want) and the resistance changes with the program. If you invest in one of these babies, you might as well never go outside again!!

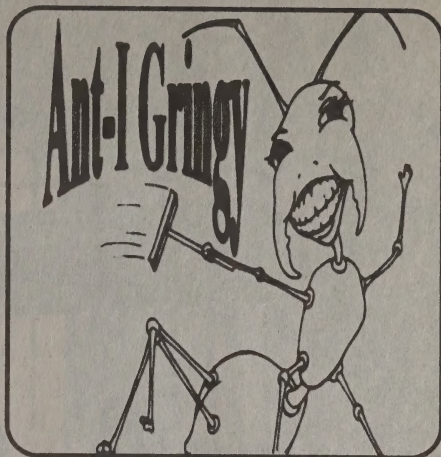
Combating Indoor Trainer Boredom

The downside to riding inside is just that...you're riding inside and the scenery never changes. I suggest setting up your trainer in front of a television or a large window with a cool view. I discourage reading just because I think that it takes your concentration away from your workout. My preference is to put my television on MTV with no sound and blast my walkman with a hip hop station.

I like to hook up my heartrate monitor for my indoor riding so that I know that I am keeping my optimal heartrate level the entire time—which is harder to do indoors. You also want to hook up your cycling computer to gauge your mileage. Indoor miles seem to take longer than outdoor miles and it is easy to shorten your workout as a result. You may also want to set different time goals to make the workout seem less monotonous. For example, I start out with a ten minute warm-up, then I increase my heartrate to say 155 for 10 minutes, then I rest for 5, etc. If you have time goals set beforehand and stick to them, your workout seems to move more quickly.

The good news is that from a pure fitness standpoint, riding on an indoor trainer is a better workout than riding on a flat road outside. The reason is that you never coast, you never stop at a stoplight and you are concentrating solely on your riding. So...no rain excuses!

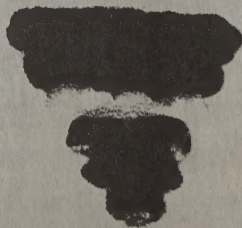
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BOX LUNCH

By Lauran Hoffman

NO LUNCH

Lesbians don't have regular check ups. Is it because we're not regular? No. The reason is that lesbians don't need to regularly go and get gear to keep from getting knocked up. The years seem to fly by when we don't have our feet up in stirrups. I know I should go more often. We all know. When we hit our thirties, our potential risk of getting breast cancer increases drastically. Hopefully, knowledge of this risk will drive us back to the Gyno for our biannual appointment.

I finally decided to drag my ass in for the dreaded gynecological exam a couple of years ago. A good friend of mine referred me to a female gynecologist. "She's not pretty, is she?" I asked. I would never want to be attracted to my gynecologist. That would only intensify the vulnerability factor. "Nah. She's very matronly, my friend told me, "you'll fall asleep in her arms." I was in the office filling out the forms.

How long has it been since last exam?

I chose to lie. Ten months.

Last form of contraception and why discontinued?

The pill. I'm a lesbian.

That looked funny to me. But it would've looked worse if I'd erased it. Why not write it down? So what if it's on my records? What are they gonna do, send me flyers for a softball try out? I didn't care if the Doctor read it. I just didn't want all the receptionists passing it around for a laugh. I tried to think of a less comical way to phrase the same idea. A friend suggested I should have written, "I don't have sex with men." I could have stated that I don't need contraceptives, but that seemed condescending, like I'm above that sort of thing. Considering the alternatives, I thought I made the best choice even though I swore I heard a wave of snickers across the desk lined with six receptionists.

How many receptionists does it take to screw in the Gynecologists' light bulb?

The Gynecologist, who I will refer to as Dr. Canal, was a very warm and friendly woman. Unlike most women, she tried to get to know me a little before sticking her fingers inside me. I asked Dr. Canal to lay one of her famous pap smears on me. She was more than willing and also suggested a little blood work. After all, what's a smear without some blood letting. She asked me to take off my clothes, put on the little blue halter top, and lay the pink sheet over my lower body. She then left the room. In all my excitement I had forgotten to remove my bra. The Doctor came back in the room and gently placed her stethoscope on my back. She told me to breathe deeply and I followed her instructions perfectly. Then she decided she wanted to have a look at my breasts. Who doesn't? She fumbled slightly while undoing my bra latch and then gracefully recovered by saying, "It's been so long since I dated." It took me a minute to understand what she



meant. She too was a lesbian. The pap smear was a breeze. She told me to relax and I actually did. Maybe her lesbian status soothed me. She informed me that I had a small infection. It was so tiny in fact, it didn't even seem to have a name. But even nameless infections require expensive medication. She didn't tell me how I got the infection and I didn't ask. But she did say she wanted to change my flora or fauna or some such thing concerning an improper bacterial attendance. Hey, at least my bacteria show up.

I told Dr. Canal I wanted to lose weight. Who doesn't? We talked about my diet. I knew that Dr. Canal had placed my friend on this new and supposedly miraculous diet. I felt like I was overweight. I exercised all the time. Yet, the more I worked out, the more I looked forward to eating. My diet wasn't terrible. I didn't eat fast food. But I did eat food very fast. So, after we had a long discussion, she prescribed the newest weight loss drug. She proceeded to tell me that the drug, "Fen Fen" is actually two drugs taken together. One is Phentermine, an upper, the other, Fenfluramine, a downer. You'd think they would cancel each other out, but like a lesbian couple, they each seem to fill their own niche. Also, like having a girlfriend, the drug has a laundry list of possible side effects.

At first, I was excited about the diet prescription. I zipped off to the nearest Thrifty to fill my script. I had twenty minutes to browse while the pharmacist tried to work through his own drugged out euphoria. Do pharmacists always look high, or is it just the spaced out looking type who becomes attracted to pharmacological pursuits? I couldn't help being reminded of the Druggist in It's a Wonderful Life. Maybe he'd give me the wrong pills and I'd be dead before sunset. I bought two fat free fig newton bars and some water while I was waiting. The water was

Box Lunch ~continued

for the dry mouth side effect I was warned about and the Fig Newtons were inspired by pure terror at the thought of not ever eating again. One would think I would indulge myself in chocolate or candy with the impending threat of never wanting to eat again looming over me, but I'm a pragmatic over indulger. Even in my worst phase of cocaine addiction as a youth, I always got home as the sun was coming up and I never hurt anyone other than myself. Unless you count the fact that I shared my drugs with everyone. I was always a generous addict.

I bought my prescription realizing this was the first legal drug I had ever been given. I popped my dosage in the parking lot and didn't feel a thing for hours. I'm kind of a wimp when it comes to stimulants. One cup of coffee will have me chasing cars like a troubled mutt. I came onto the upper Fen, way before the downer Fen entered the building. The next thing I knew I was holed-up in my favorite bar gnawing the ears off of seven friends about this new diet drug I had promised myself I would never mention to anyone. Three of my pals were already on the stuff themselves so they were able to guide me back into orbit before I realigned the planets with my Tasmanian Devil spin cycle. My friend's positive intervention didn't last long though. Within the next twenty-four hours, I proceeded to break up with the three girls I was in a relationship with at the time.

While I was on the Fen-Fen diet for over the course four months, I lost ten pounds, five girlfriends, and two sets of cars keys. I had several attacks of anxiety, heart palpitations, and a mild case of multiple personality disorder (described in the Diagnostic and Statistical Manual of Mental Disorders, 5th addition revised, as "exhibiting behavior of three personalities or less while under the influence of a drug with a repetitive name"). The drug made me feel completely disinterested in food, but it also rendered me incapable of enjoying my small weight loss. I knew I had to quit taking it, and getting off the stuff felt like jumping from a speeding car. Soon after I'd quit, I gained ten pounds, my sanity and a groovy new girlfriend. I started working out religiously, but I never lost that ten pounds. My girl said, "that's because it's now muscle weight." You gotta love a girl like that.

Recently, I heard that the FDA yanked the drug off of the market because it mortally wounded some unsuspecting dieters. The moral of the story is:

- You should never use drugs to lose weight because you'll never lose more than ten pounds.
- Get regular check-ups to make sure you don't have any nameless infections.
- Never break up with anyone while on prescription drugs or during a PMS moment.
- You'll never find a moral following choice "d".

Any comments, please email Lauran at bargirl007@aol.com

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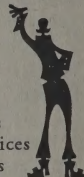
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WHAT'S A VALLEY GIRL TO DO?

Ladies, feel like trying out new places to eat and have fun? Continue reading and hopefully, you will find what you are looking for!!

Stonewall Gourmet Café has many new events planned for the community. Have you been there yet? You need to stop by and say hello to Sandy Russell and her fine staff...It is a great place, the coffee is good and so is the service--top notch! Game Night has already been instituted and trust me when I tell you it is great fun, Beginning Wednesday, February 25, \$1 APLA Bingo Night debuts. Come on out and win some great prizes and enjoy yourself knowing the proceeds will go to a great cause. Thursdays is Chat Room Live...many of the people who are meeting online are gathering on Thursdays to meet each other IRL (in real life). There is something for everyone! Stonewall is located at 8717 Santa Monica Boulevard, WeHo. Call (310) 659-8009 for any other info you might require.

If you feel like eating before Bingo, you might want to try Itana Bahia....this is a new Brazilian restaurant that has just opened and is already gaining quite a good reputation...This is the real deal ladies...authentic Brazilian food and it is great!! Stop in and tell the

owner, Itana, you read about her restaurant in the Girl Guide...It is a cute, cozy place perfect for taking your special girl. For reservations, call (310) 657-6306.

Just a reminder the Armenian Gay and Lesbian Assn. continues to meet the 2nd Tuesday of every month at The Center...you might want to stop in and check it out!

Did you all get out to Mardi Gras? It is one of the biggest parties of the year. If you missed it, make sure you attend next year. It is always a fun time and lots going on. It's a great time to support the businesses in the community.

Once again I have to ask you ladies to help me out...if you have any events you would like to see covered, give me a call at (213) 850-5751 or write me at Escarcega@webtv.net. I would love to hear from you!!!

Til next month....be safe

Cathy E.

A great big hug and a kiss to my No. 1 fan in Florida...

LA GIRL GUIDE'S MARCH 1998 HOT TRACKS

BY DJ GAYE ANN (mailing list: 818/562-3398)

FRIDAYS: PALMS -- 8572 Santa Monica Bl - W. Hollywood

TOP TROPICAL	TOP URBAN	TOP HOUSE
- Quiere Candela (S) Maria Elena - No Me Digas Nada (M) NEXO - Mi Angel (S) Rey Ruiz - Perdoname Olvidalo (M) Giselle - Comparame (S) Miosotis - Mala (M) Ashley - Ismael Rivera Medley (S) Tony Vega - No Vale La Pena (M) Grupo Karis - Malediccion (S) Fatal Mambo - Que Loco (M) Grupo Mania	- Nice & Slow Usher - Too Close Next - Off The Hook Jody Watley - I Don't Ever... Uncle Sam - No, No, No Destiny's Child <u>TOP COUNTRY</u> - You're Still The One Shania Twain - Too Good To Be True Michael Peterson - Dream Walkin' Toby Keith - Say When Lonestar - Leaving October Sons Of The Desert	- Jealousy Kim Sanders - Someone Ascension - I Surrender Rosie Gaines - To Be In Love MAW f/ India - Let A Boy Cry Gala - Dale Que Dale Lina Santiago - Ain't No Need To Hide Sandy B - Esta E La Vida El Cubano - Charro Mix DJ Charro - I Know You Do El Cholo

UPCOMING HOT PICKS:

TROPICAL: THE NY POWER/Me Duele (S) -- URBAN: LATHUN/Freak It -- COUNTRY: PATTY

LOVELESS/To Have You Back -- DANCE: SOL FLAVA/Ritmo Latino

CLUB/COMMUNITY NEWS:

February was great and WET -the month for a lot of rain but minor triumphs...My interview with new artist **CLAUDIA MIA** for DMA aka Dance Music Authority Magazine made the **COVER story**...Got a chance to meet and greet the merengue group **GRUPO HEAVY** and salsero **JERRY RIVERA**...Went to the VIP party and VIP Grand Opening for the new club - **CONGA ROOM** - which is touted as the Latin "House of Blues" -- That party was jammin and I got to rub elbows with celebs like **Jennifer Lopez** (WOW)...I also DJED at the **Hollywood Athletic Club**, spinning in the VIP room with the **Brazilian Soccer team** for **GROOVERADIO - Sunday Night "Latin Groove"** (9 PM -12 AM) with host **Kiki Melendez**...I got to meet DJ **Holly Adams** (she has a sexy voice and is a looker too)...I DJed again (with pleasure) on **ALMA DEL BARRIO (88.9 FM)** - Sat. & Sun. 6 AM to 6 PM (and do I get a positive response every time I play!)...I'VE GOT A SECRET -- Still in the works -- I will tell all next month when the deal is in place -- **TRUST ME, you ALL will be SURPRISED!**...THE **PALMS SALSA NIGHT** on Fridays - Salsa dance Contest: **LAST Friday** of each month - **CASH Prizes**...Peace & love - **GAYE ANN & KELENA**.

NOTE: Want your event mentioned? Call the number above and leave the details.

The Art of Meeting Women

By Rhona Sacks

Welcome to The Art of Meeting Women! This is the second installment of a column dedicated to helping gay women connect with each other. This column is here for you -- please send your questions and comments to Rhona Sacks c/o Slope Books PO Box 150636 Brooklyn, NY 11215-0636 or email her at rhona@gaywoman.com

Last month, I discussed two beginning steps for meeting the women you want to meet (making a "What I Love to Do" list and designing a "Social Plan"). This month, I offer the first suggestion on where to find compatible women.

GET PERSONAL (PART I)

Most lesbian and gay publications have a personals section which many women read and use. A personal ad can be a great way to meet the women you want to meet! But -- be warned: Women who place or answer an ad believing the personals is the route to finding Ms. Right risk having their hopes dashed. Demanding that a personal ad lead you to a life partner may leave you feeling very disappointed.

A personal ad works best for a woman who sees it as a tool for building her social life rather than the tool for finding "the one." You will enjoy the personals process much more if you don't let your desire to find a lover blind you to being open to making new friends. Before jumping into the personals pool, ask yourself:

"Will I be satisfied if I don't meet 'the one'?"

"Am I willing to expend the necessary time, energy, and money to meet women this way?"

"Will this be a fun way for me to meet women?"

If the answer to any of these questions is, "No," you may want to consider other options for meeting women. Ask your friends who have participated in the personals about their experiences:

"What made you decide to place or answer a personal ad?"

"What were your goals?"

"Were you satisfied with the results?"

"Do you have any advice on writing or answering an ad?"

"Would you use the personals again?"

Their impressions may assist you in deciding whether or not the personals is a good tool for you.

Writing the ideal personal ad. The ideal personal ad is an honest, upbeat, distilled version of who you are, who you want to meet, and why you want to meet her.

1. Tell the truth.

It's trite but true: Honesty is the best policy. Lying (or exaggerating the truth) about yourself is a lousy way to begin any kind of relationship. Be honest about your age, weight, relationship status (unattached or involved), sexual orientation (bisexual or lesbian), disability, or anything else which may unfairly surprise someone. Show who you are, and allow a woman to decide if she wants to meet you.

2. Be positive.

We've all read many ads that contain sentiments like these:

"I'm embarrassed that I'm resorting to this."

"I hate being single."

"I'm disgusted with the lesbian social scene."

"If I don't find a decent woman soon, I'm going back to men."

Don't write an ad when you are feeling despondent. The universal law of attraction states we attract to us what we are. If your ad has a bitter, angry tone to it, you will attract bitter, angry women. Unless you're looking for this type of woman, work on lifting your spirits before you work on writing your ad. Let your happy and healthy self shine through by keeping your ad positive.

3. Be specific.

Many ads are vague, relying on such trite words as "attractive" to convey meaning. "At-trac-tive" is such an overused adjective that it has been gutted of all meaning. If you want to tell women you are attractive, recite your vital statistics, and let your readers reach their own conclusions.

You want to encourage responses from the women you want to meet and discourage responses from the women you don't. Make your ad do most of the work for you. The more specific you are about who you are, who you want to meet, and why you want to meet her, the less time you will spend sifting through letters from incompatible women.

NEXT MONTH: GET PERSONAL (PART II)

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Rhona Sacks is the author of the new book, The Art of Meeting Women, A Guide for Gay Women (Feb. 1998). Published by Slope Books--(888)GAYWOMAN

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"DEAR DR."

By Susan Vincent, Ph.D.

Welcome to "Dear Dr.!!" The purpose of this column is to challenge your approach to life and motivate you to achieve greater happiness and quality of life. Feel free to email (SV777@pacbell.net) or call (310-775-3530) with your questions. You do not have to use your real name.

DEAR DR:

I am single and new to L.A. finding myself frustrated by all of the superficial people here, especially people in "the industry". Everyone I meet seems far more interested in the private lives of entertainers than anything else...does anyone here read? I didn't have any problem with my social life when I was living on the east coast, but now it seems like every time I go out, I find myself wishing I had stayed home and read a book.

Sincerely, SOCIALLY CHALLENGED

Dear SOCIALLY CHALLENGED:

Although you may be experiencing a bit of culture shock right now, it will get better. Since you obviously have different interests than people who live and breath Hollywood, you can find people who share your interests and people who you can feel at home with. When people move here from the east coast, they often feel a bit isolated. Due to the transient nature of Los Angeles, it has been said that you should allow yourself at least three years to find a group of quality friends and relationships. Also, you should understand that L.A. is a unique environment that seldom encourages 'random meetings'. With the amount of time spent commuting and sitting in traffic just to run an errand, you may find yourself exhausted by the end of a day. Even in a huge city like New York, people get together more often, share their thoughts on politics and the latest best seller, and still make time to sit in psychoanalysis three times a week! For people who read a lot (like you), developing a social life in L.A. requires a lot of patience. Take responsibility for your quality of life by taking action! I would suggest that you run an ad in a few of your favorite periodicals (or online) describing the type of people you'd like to meet. You can also start an informal book club at a local coffee house. Although it may take a little time, you'll be surprised by how many people share your feelings!

DEAR DR.:

I think I may have a problem. I meet a woman through the internet, but then after I get involved with her, it is as if I don't want her anymore. It is as if I like the challenge and excitement in the beginning, and when the challenge is done, there is no need for her anymore, and I just leave them hanging, wondering why I did that. Can you help me?

Sincerely, TOO EASILY BORED

Dear TOO EASILY BORED:

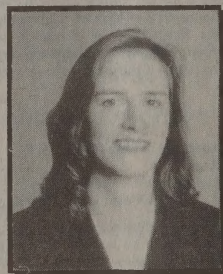
Can you describe why it has become a problem for you now? Because I get very lonely, and feel really bad about myself afterwards. I have hurt some people too, and I feel guilty. Women think I like them more than I did, but for me, the feeling of liking them just dies off after we've become involved.

Physically involved?

Yes.

It may be as simple as you not really wanting a committed relationship in your life right now. If this is the case, you may simply enjoy the closeness, but not need or want the commitments...which is common. As long as you've been completely honest with yourself and others, you don't need to feel guilty for their decisions and choices. On the other hand, if this seems to be a pattern in your life, and you really WANT greater commitment from yourself in relationships, you need to find out what exactly you're avoiding, and what a committed relationship means for you. Your problem is sometimes the product of our modern day society, commonly labeled as fear of intimacy. If this is only a problem for those who are involved with you, then I would suggest that you be completely honest with people from the beginning, that you know yourself, and that you tell them what they can expect from a relationship with you. Then it becomes a 'proceed at your own risk' situation for those who choose to become intimately involved with you. However, if you tend to be deceptive about your level of commitment, you need to examine your own choices and possible fears of intimacy, and then attempt to change your approach to intimate relationships. Although online connections can be very exciting, they are particularly attractive to the 'commitment phobic'.

If you would like more information or to schedule an appointment, you may reach Susan Vincent, Ph.D. (PSB#25830) at (310) 775-3530 or through email at SV777@pacbell.net. She is supervised and employed by Randi Riffkind, Ph.D., PSY10571. Her office is located at 10801 National Blvd., Suite 240, Los Angeles, CA 90064.



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bass

Tony
drums

Laurie
guitar

Lou
keyboards

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Tower Records, 6470 E. South St, Lakewood

The CD is also available at all performances.

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- Sat. Mar 21 Club 3772
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- Fri. Apr 24 Borders Books & Music
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DAY BY DAY INFORMATION

MONDAYS

Escapades - Bingo

The Palms - Reggae/Retro no cover

The Flame - Swing Dancing from 7-10pm - after 10pm is Deep House & Tribal Music drink specials. Open from 5pm - 2am \$3 cover after 9pm (San Diego)

20 Something for Her, rap group in English for lesbian, bisexual, and transgender Latinas in their twenties from 7-9pm. Every Monday Blenestar East LA Center, 5301 E. Beverly Blvd. 213 727-7897.

TUESDAYS

Club 3772 - presents Country Dance Lessons With Curtis 8pm

Club Broadway - \$2 you call it drink specials

Happy Hour - Free pool and \$2.25 domestic beer

Michelle's XXX Topless Revue - Hotline (213) 654-0280 . Don't Miss It!!

Escapades - presents Karaoke at 7pm, 10437 Burbank Blvd. in North Hollywood

Lesbian Chat Conversation Group - at The LA Gay & Lesbian Center 8-10pm \$2

Little Frida's - Live Music - call for performers and times

The Palms - "Game" Night - Name That Tune - to win prizes and bar tabs

Stonewall Gourmet Coffee - Game night - 8717 Santa Monica Blvd. Weho

Club Bombay - "South Of The Border Night" Margarita's & Corona's only \$2.25. Open from 4pm to 2am

WEDNESDAYS

A Different Light Bookstore - Open Mike at 8pm (sign-up by 7:30pm) Located at 8853 Santa Monica Blvd. 310-854-6601 - free

Club Broadway - \$1 beer and well drinks

Escapades - D.J. Jacquie 818-508-7008

Happy Hour - Drink specials from 6-10pm

OZZ - presents Country Western Happy Hour with Krazy Horse D.J. Deb 6pm to midnight with no cover - located in Buena Park 714-522-1542

The Palms - Great Music and Cheap drinks & DJ Kickin' K always rocks the house til 2am.

Stonewall Gourmet Coffee - \$1 APLA Bingo - great prizes - 8717 Santa Monica Blvd.

Club Bombay - Karaoke 8pm - 1am

The Flame - \$1 well drinks from 9pm to midnight - Disco Music \$3 cover after 9pm

Every Wednesday at the Gay & Lesbian Center, 1625 N. Schrader, Hollywood; **Artist Way Support Group** - Join an innovative workshop group for musicians, artists, writers, and actors. Whether you're a professional or a beginner, you'll find a supportive, stimulating environment to inspire your creative endeavors. Donations Only. Please Contact Susan Vincent, Ph.D. for more information @ 310-775-3530 or SV777@pacbell.net.

THURSDAYS

Club Broadway - Martini Night - 25 Gins & Vodka's to choose from - only \$3 per Martini

Escapades - Open Dart Tournament

Happy Hour - Karaoke Night 9pm til midnight

Little Frida's - presents Women With Balls - comedy night

Oxwood Inn - Karaoke by Jaye every Thursday at 9pm. Surprise guest performers. Call for info.

Rumors - presents music jam nights - come listen &/or to perform - be discovered like others have...

Swing Cafe - presents Open Mike Night featuring Music, Comedy, Poetry & Spoken Word ... Sign up by 8pm. Show starts at 9pm

The Palms - No cover - great music

Stonewall Gourmet Coffee - Chat Room Live - 8717 Santa Monica Blvd. Weho

Club Bombay - \$1 domestic beer

The Flame - Hip Hop 9pm til 2am.

LUNA, (Lesbians Understanding the Need for Advancement) rap group in English for lesbian, transgender, bisexual, and bicurious Latinas 15-24. Every Thursday at Blenestar East LA Center, 5301 E. Beverly Blvd. 213 727-7897 for more info.

FRIDAYS

Encounters - presents drink specials and strippers (men & women)

Executive Suite - Country Friday nights with D.J. Val - drink and shot specials \$5 cover 8pm to 2am

Floyds - for Country Western Dancing - Long Beach (310) 433-9251

Girl Bar at Axis - Huge Dance Floor, DJ, Dancers, Hotline (213) 460-2531.

Oxwood Inn - "Salsa Mix" with some retro music at 9pm. Come join your DJ's Casey and Clara. Call for information (818) 997-9666

The Palms - presents "Salsa Dance Party" with DJ GAYE ANN. Drink specials all nite. The BEST LATIN sounds in the city.

Young Women's Conversation Group - at The LA Gay & Lesbian Center for ages 23 and younger from 8-10pm free

Club Bombay - Happy Hour from 4-7pm, DJ & Dancing starting at 8pm

The Flame - Martini Bar & Cigar Salon from 6-10pm -weekly specials

SATURDAYS

Executive Suite - Saturday afternoon we have country dancing upstairs with a Beer Bust - D.J. Val \$8 cover 3pm-9pm

Executive Suite - Saturday Nights Dance-Dance with D.J. Babs & Guest D.J. \$5 cover 9pm - 2am

Girl Bar & Friends @ The Love Lounge - Admission is always \$5 b/4 10:30 P.M. and \$10 After. Hotline (213) 460-2531.

Oxwood Inn - features D.J. Casey and Dancing 818-997-9666 9pm

Que Sera - presents original music showcases call (310) 599-6170.

Salsa Con Clase - @ Rudolpho's in Silverlake first, third & last Saturday of each month. Latin music, salsa ... - dancing, large patio ... 818-576-0720

The Palms - presents "Lil" J who spins for your dancing pleasure. HOUSE - R & B etc. The "best" dance music on Sat. nite.

Gay & Lesbian Comedy Night at the Comedy Store - 8433 Sunset Blvd. Cover is \$5 call 213-656-6225

Club Bombay - Happy Hour from 4-6pm

The Flame - DJ and dancing. Only \$4 cover. Open 5pm to 2am

SUNDAYS

Club Broadway - Beer bust only \$5

Dreams in Silverlake - 1717 Silverlake Blvd. (800) 574-5025 9pm - 2am

DAY BY DAY INFORMATION

Encounters - Beer Bust & BBQ

Executive Suite - Dance and play all day - \$8 cover 3pm -12am. Beer Bust from 3-8pm

Happy Hour - Beer Bust from 1-5pm

OZZ - presents Country Western Dancing & fun every Sunday - doors open 3pm. Krazy Horse D.J. Deb (last Sunday of month) located in Buena Park 714-522-1542

The Palms - Beer Bust and Bar-B-Que from 4-8 pm Live entertainment 7:30pm - see band dates...

Gay & Lesbian Skate Night - at Park Skating Center in Buena Park, 7951 Commonwealth Ave. start at 7pm \$6.50 714-521-0818

Gay & Lesbian Skate Night - in Glendale at Moonlight Rollerway 5110 San Fernando Rd. 7:30pm - 10:30pm \$6.50 818-241-3630

Club Bombay - "Hangover Day" \$1 Mimosas, 4-6pm beer bust only \$2, \$1 bbq

The Flame - 5-8pm - Diane's Danceables for Mature Women - 9pm til 2am - Salsa Sundays - \$2 cover and \$2 domestic beer

PLEASE MAIL YOUR CALENDAR INFO & CHANGES TO LA GIRL GUIDE 2531 SAWTELLE BLVD. # 175 LOS ANGELES, CA 90064

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Tuesdays:

FRONTRUNNERS GAY AND LESBIAN RUNNING CLUB hosts its weekly Tuesday fun run in Silverlake. Meet at 6:30pm near reservoir in front of Recreation Center on Van Pelt Place off Silverlake Blvd. All ability levels welcome! Dinner and socializing afterwards. Call Club Hotline at 213-460-2554 for more info.

Wednesdays:

FRONTRUNNERS GAY AND LESBIAN RUNNING CLUB hosts its weekly Wednesday fun run in Santa Monica. Meet at 6:30pm in Palisades Park at Ocean Ave and San Vicente Blvd. All ability levels welcome! Dinner and socializing afterwards. Call Club Hotline at 213-460-2554 for more info.

Thursdays:

FRONTRUNNERS GAY AND LESBIAN RUNNING CLUB hosts its weekly Thursday fun runs in Pasadena and West Hollywood. In Pasadena, meet at 6:30pm south of Rose Bowl in Brookside Park. In West Hollywood, meet at 6:30pm at the fountain on the corner of Santa Monica Blvd and Doheny Drive. All ability levels welcome! Dinner and socializing afterwards. Call Club Hotline at 213-460-2554 for more info.

Saturdays:

FRONTRUNNERS GAY AND LESBIAN RUNNING CLUB hosts its Saturday morning fun run in Griffith Park. Meet at 8:00 am across from the Ranger Station on Crystal Springs Drive. Park free in Ranger Station Lot or in the lot above the merry-go-round. All ability levels welcome! Breakfast afterwards. Call Club Hotline at 213-460-2554 for more info.

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Ask the "Lesbian Love Doctor"

Woman to Woman about Women with Women

By Susan Baker, M.A. - Therapist

Welcome to the Ladies Room! Meet me here each month to address your questions, feelings, and confusions about relationships with women. While we may be of the same sex, sometimes the commonalities seem to stop there! So voice your dilemmas about dating and relating my way via email at: susanbaker@yahoo.com or voicemail at: 310-636-6445 or by snail-mail at my NEW ADDRESS at: 11600 Washington Place, Suite 202E, Los Angeles, CA 90066. Then stay tuned!

Dear Susan:

I feel so betrayed! I can't believe this has happened to me. I met this (then) wonderful woman about six months ago. She was incredible-smart, sexy, funny, not too much psychological baggage. It seemed too good to be true for me, as I had gotten out of my last relationship about 3 months prior, which was a really bad experience. I had done my homework, in terms of understanding why I picked that relationship and felt much better about myself. I was starting to get really tired of the single life and frustrated with why I wasn't meeting the next "love of my life." About then, I met her, or so I thought.

We started dating, slowly at first, which was a new experience for me, and I thought a sign of healthiness, i.e. neither one of us being too clingy right away. Of course I wanted to see her more often, but I didn't push the matter, fearing she would see me as too needy. Here's where it starts to go bad. She had told me she lived with a female roommate, who was straight, and even had a boyfriend. This was a big relief to me, as I have already been burned by women telling me they are just still living with their ex-lover for financial reasons, that the relationship is over, only later to find out that they are still having sex together. I don't know about you, but to me, that is far from "over"! Anyway, my new girlfriend even invites me over and introduces me to her "roommate", who seemed nice and all. So six months go by, and now I am totally in love with her, and she tells me the same. And now the stage is set to blow up in my face.

**but potential partners do not just
walk up to you and introduce
themselves as such.**

It starts with her getting paged by her "roommate" who is supposedly upset about a fight she had with her boyfriend. My lover asks if it would be okay to go home to try to help comfort her. I, of course, don't want to be seen as a cold bitch, send her lovingly on her way. It spirals downward from there. To get to the crux, I find out that my lover and her had been lovers for about a year (so much for the "straight roommate" thing) which explains the true reason they were living together. While it is true that the ex was seeing a man for awhile, there was never a clean break between my lover and her ex. Quite frankly, I think the ex just started seeing the guy to make my lover jealous, and get her back. Which I have to hand it to the woman-it was a pretty good plan that has seemed to work. All that crap about us going slow in our relationship was more about her in the mess she was in between me, her ex and the guy. I am so angry I don't know what to do. Maybe I should team up with the guy and we plan some revenge like that Meg Ryan movie "Addicted to Love". Please help!

BLOWN AWAY

Dear BLOWN AWAY:

How painful I imagine this must feel, after what seemed like a relationship that was going well for you. Hurts and disappointments seem to be felt even more acutely when we feel like we have been working so hard, as you say "doing your homework," to prevent such a thing from happening again. In addition, the intensity of your present feelings may represent not only hurt and anger from this relationship, but also may have triggered sort of an emotional chain reaction of resurgence of hurts from your prior relationships, when you may have felt betrayed. It is important to try to reflect and sort through those reactions that are relative to this breakup, versus those that may be flashbacks from prior experiences. This may be rather difficult to sort through right now on your own, so you may want to seek some professional help and support during this period. In conjunction, writing your thoughts and feelings down in a journal may help "get it off your chest" in a non-destructive way and relieve some of your anger. It is often alluring to imagine some type of revenge, which can be OK. Such fantasies may be a way to feel better in the moment, often evoking laughter with oneself. My only caution is to keep them as fantasies. Attempts to actually plot "revenge" usually results in only increasingly painful experiences. Best to let go and lick your wounds to start the healing process.

Getting over a relationship is a cyclical process. It is a loss, no matter how much people say it is "for the better," right now there are a number of losses, some of which you may be aware of and some not. While it may be for the better that the relationship is over, that does not discount how painful it may be for you right now and in the next few weeks. (The old rule of thumb is that it takes about a week of mourning/grieving per each month that the relationship existed.)

As far as further down the road goes, I understand your frustration and impatience with dating, but potential partners do not just walk up to you and introduce themselves as such. (Aah--what a fantasy!) How do you know that the women you are meeting are not good mates without getting chance to know them? So, I think that taking dating slowly is helpful to making good choices in potential partners.

Give yourself some space to getting acclimated to being single again, and feeling good about that. Many women (and men) jump right from one past relationship to the next, without ever really thinking about what makes them happy or content. I encourage you to keep listening to yourself and you will soon realize what kind of relationship and intimacy you will be ready for in the future.

Susan Baker, M.A., MFCC Intern #26555, works with individuals, couples, and families to help them improve their relationships and cope with change through understanding and communication. This article does not constitute therapy, but offers some general and supportive advice and information. If you would like a referral or to make an appointment with Susan, she can be reached at (310) 636-6445. Her office is located at 11600 Washington Place, Suite 202E, Los Angeles, CA 90066. Supervised and employed by Ariel Malek, MFCC, LMFC# 9391.

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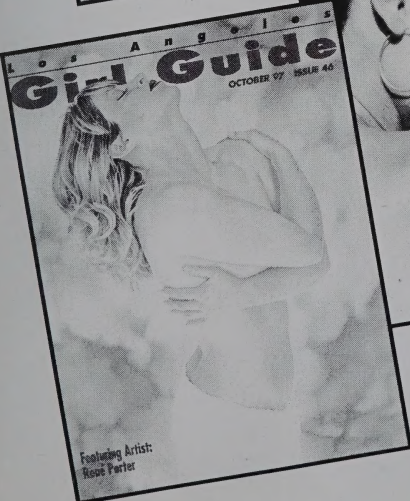
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Spring Fever



SATURDAYS

March 7th • Customer Appreciation Night with Soul Divine! Catch their performance at 9:30 sharp. Have a free turkey dog on the patio! Thank You for your continued support! DJ Bruce

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March 21st • The Dinah Shore Kick Off Party. Win free party passports tonight! See videos and slides of past Dinah Shore Weekends. \$2 domestic beer tonight!! Special guest DJ Matthew from Go Girl CD's, playing house and hip hop!

March 28th • Benefit tonight for the Womens Building's Audrey Lourde Lesbian's of Color Workshop. DJ Marcos

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